



 **UTHealth<sup>®</sup> Houston**  

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**UT Physicians<sup>™</sup>**

**Health Education**

**Thank you for supporting UT Physicians Wellness Programs.**

**All classes are offered at no cost. Classes are offered virtually, in-person, and hybrid.**

**Everyone is welcome to attend. Registration is required to receive a link to enter the class. Registration information is located on the last page.**


**Schedule is subject to change.**

**KEY**


<b>V</b>	<b>Virtual</b>
<b>H*</b>	<b>Hybrid*</b>
<b>I</b>	<b>In-Person</b>

**\*Please refer to the class description list for location.**


# April 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;">1 Meditation (V) 11:00AM -11:30AM</p> <p style="text-align: center;">Zumba (H) 5:30PM-6:30PM</p> <p style="text-align: center;">Urban Line Dancing (I) 5:30PM - 6:30PM</p>	<p style="text-align: center;">2 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM</p>	<p style="text-align: center;">3 MyHealthy Plate Bingo Greens Clinic (I) 11:00AM - 12:00PM</p>	<p style="text-align: center;">4 Financial Empowerment Series (V) 10:00AM - 11:00AM</p>
7	<p style="text-align: center;">8 Zumba (H) 5:30PM-6:30PM</p> <p style="text-align: center;">Diabetes &amp; Nutrition 101 (I) 5:30PM-7:30PM</p>	9	<p style="text-align: center;">10 Chair Yoga (H) 11:00AM-12:00PM</p>	<p style="text-align: center;">11 Financial Empowerment Series (V) 10:00AM - 11:00AM</p>
14	<p style="text-align: center;">15 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM</p> <p style="text-align: center;">Zumba (H) 5:30PM-6:30PM</p>	<p style="text-align: center;">16 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM</p> <p style="text-align: center;">ADHD Workshop for Families (V) 1:00PM-2:00PM</p>	<p style="text-align: center;">17 Chair Yoga (H) 11:00AM-12:00PM</p> <p style="text-align: center;">MyHealthy Plate Bingo Jensen Clinic (I) 11:00AM - 12:00PM</p>	<p style="text-align: center;">18 Financial Empowerment Series (V) 10:00AM - 11:00AM</p>
21	<p style="text-align: center;">22 Zumba (H) 5:30PM-6:30PM</p>	<p style="text-align: center;">23 Dollar Store Dining (V) 11:00AM-12:00PM</p> <p style="text-align: center;">ADHD Workshop for Families (V) 1:00PM-2:00PM</p>	<p style="text-align: center;">24 Chair Yoga (H) 11:00AM-12:00PM</p>	<p style="text-align: center;">25 Financial Empowerment Series (V) 10:00AM - 11:00AM</p>
28	<p style="text-align: center;">29 Zumba (H) 5:30PM-6:30PM</p>	<p style="text-align: center;">30 ADHD Workshop for Families (V) 1:00PM-2:00PM</p>		<p style="text-align: center;">Scan to register</p> <div style="text-align: center;">  </div>

# May 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM  Urban Line Dancing (I) 5:30PM - 6:30PM  Diabetes & Nutrition 101 (I) 5:30PM-7:30PM	7 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM  ADHD Workshop for Families (V) 1:00PM-2:00PM	8 Chair Yoga (H) 11:00AM-12:00PM  The Truth About Tobacco and Vaping: What You Should Know (V) 11:00AM - 12:00PM	9
12	13  Zumba (H) 5:30PM-6:30PM	14	15 Chair Yoga (H) 11:00AM-12:00PM  MyHealthy Plate Bingo Jensen Clinic (I) 11:00AM - 12:00PM	16
19	20 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM  Zumba (H) 5:30PM-6:30PM	21 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	22 Chair Yoga (H) 11:00AM-12:00PM	23
26	27  Zumba (H) 5:30PM-6:30PM	28	29	30
				Scan to register 

# June 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Meditation (V) 11:00AM -11:30AM  Urban Line Dancing (I) 5:30PM - 6:30PM  Zumba (H) 5:30PM-6:30PM  Diabetes & Nutrition 101 (I) 5:30PM-7:30PM	4  Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	5  Mandala Coloring for Mindfulness-Cinco Ranch Clinic (I) 5:00PM - 6:00PM	6
9	10  Zumba (H) 5:30PM-6:30PM	11	12  Chair Yoga (H) 11:00AM-12:00PM	13  MyHealthy Plate Bingo Greens Clinic (I) 11:00AM - 12:00PM
16	17  Mandala Coloring for Mindfulness- Rosenberg Clinic (I) 10:00AM - 11:00AM  Zumba (H) 5:30PM-6:30PM	18  MyHealthy Plate Bingo Jensen Clinic (I) 11:00AM - 12:00PM  Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	19  Chair Yoga (H) 11:00AM-12:00PM  Mandala Coloring for Mindfulness-Cinco Ranch Clinic (I) 5:00PM - 6:00PM	20
23	24  Zumba (H) 5:30PM-6:30PM	25	26  Chair Yoga (H) 11:00AM-12:00PM	27
30				Scan to register  

### **ADHD Workshop for Families**

This 4 week workshop taught by UT Physicians experts will cover What is ADHD, therapeutic interventions, school-based interventions, and medication management for children with ADHD. To register, please scan the QR code or call Carol Camper at 713-486-3903.

### **Core Connections - Chronic Disease Self-Management Program (English and Spanish)**

This 4-week program will empower you with knowledge and skills to actively embrace healthy choices. Each participant will receive nutritious foods throughout the program to support healthy eating habits. You can attend at *UT Physicians Multispecialty Jensen Clinic (2620 E. Crosstimbers St, Suite 100, Houston, TX 77093-8629)*. To register, please scan the QR code or call Carol Camper at 713-486-3903.

### **Chair Yoga**

Practicing yoga can lead to a sense of peace and well-being. You can improve body strength and flexibility, as well as improve your mood and clear your mind. A chair will be used for this class. This class is offered virtually or in-person at *UT Physicians Multispecialty Rosenberg (5115 Avenue H, Suite 701, Rosenberg, TX 77471)*. To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

### **Cooking Demonstrations Livestream**

Join our registered dietician as she shares an affordable and easy recipe you can try at home! The demonstration is virtual AND in-person, and the recipe will be shared with all participants. *You can attend this class in person at UT Physicians Multispecialty Rosenberg (5115 Avenue H, Suite 701, Rosenberg, TX 77471) or UT Physicians Multispecialty Victory- (7364 Antoine Drive, Houston, TX 77088).* To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

### **Diabetes and Nutrition 101**

These monthly in-person sessions are a great way to learn about managing diabetes while spending time with others. The sessions are facilitated by a registered dietician and a certified diabetes care and education specialist. No registration is required and the group meets in the lobby. *You can attend this class in person at UT Physicians Bayshore Multispecialty-11476 Space Center Blvd, Suite 100, Houston, TX 77059.*

### **Dollar Store Dining**

Participants learn how to shop for and cook budget-friendly meals using ingredients from the dollar store. Covers meal planning strategies, essential pantry items, and smart shopping techniques to maximize savings. Participants will learn how to choose nutritious options, read food labels, and create simple, affordable recipes. To register, please scan the QR code or call Andrea Berry at 713-486-3905.

### **Financial Empowerment Series:**

This series is designed to equip you with the knowledge and tools needed to make informed financial decisions. You will learn about key topics such as understanding taxes, planning your finances for the future, building and improving credit, and navigating the banking system. To register, please scan the QR code or Shanice Johnson at 713-486-3904.

### **HEAL Pregnancy & Infancy**

This is a 5 session virtual program led by our registered dietitian. Participants will learn how to maintain a healthy lifestyle during the pregnancy and the infancy stage. Join us to learn more about healthy weight gain during pregnancy, attend virtual cooking demos, and practice self-care during pregnancy. To register, please scan the QR code or call Natalia Williams at 713-486-3873.

### **Mandala Coloring for Mindfulness**

Participants will explore a new stress reduction practice that incorporates mindfulness, music, and art in this 2 session series. You can attend this class in-person at *UT Physicians Multispecialty Rosenberg (5115 Avenue H, Suite 701, Rosenberg, TX 77471)* or *UT Physicians Multispecialty Cinco Ranch (23923 Cinco Ranch Blvd, Katy, TX 77494)*. To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

### **Meditation**

Participants will go through a guided meditation, to help maintain focus and let go of distractions. The sensations of breathing will also be incorporated throughout the meditation process to help promote focus of attention and body awareness. To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

### **MyHealthy Plate Bingo**

Participants will learn in a fun way about food groups, a variety of healthy foods on MyPlate, and suggested portion sizes. You can attend at *UT Physicians Multispecialty Jensen Clinic (2620 E. Crosstimbers St, Suite 100, Houston, TX 77093-8629)* or you can attend at *UT Physicians Multispecialty Greens Clinic (550 Greens Parkway, Suite 150, Houston, TX 77067-4503)*. To register, please scan the QR code or call Carol Camper at 713-486-3903.

### **The Truth About Tobacco and Vaping: What You Should Know**

This virtual class educates participants that E-cigarette use is a major health concern. Cigarettes, JUULs and other electronic cigarettes are dangerous tobacco products that deliver addictive nicotine. Learn more about these products and how you can quit or help someone you know quit. To register, please scan the QR code or call Carol Camper at 713-486-3903.

### **Urban Line Dancing**

Have fun, move, and groove! An exciting way to get your body moving with urban line dance learning all the new dances. To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

### **Zumba**

Zumba is a fitness program inspired by various rhythms and dancing styles. It's a whole-body aerobic exercise that uses up a lot of energy and burns calories through dancing. Zumba helps to improve your flexibility, and strengthen your core. *You can attend this class in person at UT Physicians- Victory- 7364 Antoine Drive, Houston, TX 77088.* To register, please scan the QR code or call Andrea Berry at 713-486-3905.