



## 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

V	Virtual
H*	Hybrid*
I	In-Person

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

# January 2026 - Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Zumba Toning (V) 6:00PM-7:00PM	6 Core & Cardio (V) 6:00PM-7:00PM  Diabetes & Nutrition 101 (I) 5:30PM-7:30PM  Urban Line Dancing (I) 5:30PM-6:30PM	7 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	8	9
12 Zumba Toning (V) 6:00PM-7:00PM	13 Meditation (V) 11:00AM -11:30AM  Core & Cardio (V) 6:00PM-7:00PM	14	15 Chair Yoga (H) 11:00AM-12:00PM  Mandala Coloring for Mindfulness-Cinco Ranch Clinic (I) 5:00PM - 6:00PM  Senior Source (V) 6:00PM-7:00PM	16
19 Mandala Coloring for Mindfulness- International District Clinic (I) 5:00PM - 6:00PM  Zumba Toning (V) 6:00PM-7:00PM	20 Core & Cardio (V) 6:00PM-7:00PM  Urban Line Dancing (I) 6:00PM-7:00PM	21 Your Health Matters Session 1 (V) 11:00AM-12:00PM	22 Chair Yoga (H) 11:00AM-12:00PM  Alzheimer + Dementia Awareness Workshop(I) 1:00pm - 4:00pm	23
26 Zumba Toning (V) 6:00PM-7:00PM	27 Core & Cardio (V) 6:00PM-7:00PM	28 Your Health Matters Session 2 (V) 11:00AM-12:00PM	29 Chair Yoga (H) 11:00AM-12:00PM	30 Scan to register 

# February 2026 - Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Zumba Toning (V) 6:00PM-7:00PM	3 Meditation (V) 11:00AM -11:30AM  My Healthy Plate Bingo-Jensen Clinic (I) 11:00AM-12:00PM  Core & Cardio (V) 6:00PM-7:00PM  Urban Line Dancing (I) 6:00PM - 7:00PM	4 Your Health Matters Session 3 (V) 11:00AM-12:00PM  ADHD Workshop Session 1 (V) 1:00 - 2:00PM  Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	5	6
9 Zumba Toning (V) 6:00PM-7:00PM	10 Core & Cardio (V) 6:00PM-7:00PM	11 Your Health Matters Session 4 (V) 11:00AM-12:00PM	12 Chair Yoga (H) 11:00AM-12:00PM	13
16 Mandala Coloring for Mindfulness- International District Clinic (I) 5:00PM - 6:00PM  Zumba Toning (V) 6:00PM-7:00PM	17 Core & Cardio (V) 6:00PM-7:00PM  Urban Line Dancing (I) 6:00PM - 7:00PM	18	19 Chair Yoga (H) 11:00AM-12:00PM  Mandala Coloring for Mindfulness-Cinco Ranch Clinic (I) 5:00PM - 6:00PM	20 My Healthy Plate Bingo-Greens Clinic (I) 11:00AM-12:00PM
23 Zumba Toning (V) 6:00PM-7:00PM	24 Core & Cardio (V) 6:00PM-7:00PM	25 ADHD Workshop Session 2 (V) 1:00 - 2:00PM	26 Chair Yoga (H) 11:00AM-12:00PM	27
				Scan to register 

# March 2026 - Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Zumba Toning (V) 6:00PM-7:00PM	3 Meditation (V) 11:00AM -11:30AM  Core & Cardio (V) 6:00PM-7:00PM  Urban Line Dancing (I) 6:00PM - 7:00PM	Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM		5 6
9 Zumba Toning (V) 6:00PM-7:00PM	10 Core & Cardio (V) 6:00PM-7:00PM	11	12 Chair Yoga (H) 11:00AM-12:00PM	13
16 Mandala Coloring for Mindfulness- International District Clinic (I) 5:00PM - 6:00PM  Zumba Toning (V) 6:00PM-7:00PM	17 Core & Cardio (V) 6:00PM-7:00PM  Urban Line Dancing (I) 6:00PM - 7:00PM	18 ADHD Workshop Session 3 (V) 1:00 - 2:00PM	19 Chair Yoga (H) 11:00AM-12:00PM  Mandala Coloring for Mindfulness-Cinco Ranch Clinic (I) 5:00PM - 6:00PM	20
23 Zumba Toning (V) 6:00PM-7:00PM	24 Core & Cardio (V) 6:00PM-7:00PM	25	26 Chair Yoga (H) 11:00AM-12:00PM	27
30	31 Core & Cardio (V) 6:00PM-7:00PM			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.

### **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.

### **Core & Cardio**

Join this high-energy Core & Cardio workout! Boost your heart rate and build core strength through dynamic cardio bursts and targeted abdominal exercises, with modifications for all fitness levels. To register, please scan the QR code or call Carol Camper at 713-486-3903.

### **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.*

### **Empowered to Serve - Chronic Disease Self-Management Program (English and Spanish)**

This 2-week health and wellness educational program will empower you with the knowledge and skills to actively embrace healthy choices for successful management of your chronic condition. 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.

### **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 Andrea Berry at 713-486-3905.

### **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)*, *UT Physicians Multispecialty Cinco Ranch (23923 Cinco Ranch Blvd, Katy, TX 77494)*, or *UT Physicians Multispecialty International District (10623 Bellaire Blvd, Ste C280, Houston, TX 77072)*. To register, please scan the QR code or call Shanice Johnson at 713-486-3904 or Andrea Berry at 713-486-3905.

### **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.

### **Senior Source Workshops**

Virtual workshops for older adults and their caregivers that offer valuable information, resources, and support, and the opportunity to form meaningful connections to engage with others in the senior and caregiving communities. To register, please send an e-mail to [socialworkgroups@uth.tmc.edu](mailto:socialworkgroups@uth.tmc.edu) or scan the QR code in the flyer.

### **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.

### **Your Health Matters**

This 4 week workshop taught by MD Anderson's educators will cover information about eating healthy foods and portions, living an active lifestyle, and understanding and preventing cancer. To register, please scan the QR code or call Carol Camper at 713-486-3903.

**Zumba Toning**

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. [To register, please scan the QR code, call Carol Camper at 713-486-3903.](#)