



 **UTHealth[®] Houston**

UT Physicians[™]

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.**

March 2026 - Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Zumba Toning (V) 6:00PM-7:00PM	3 Diabetes & Nutrition 101 (I) 5:30PM-7:30PM Urban Line Dancing (I) 6:00PM - 7:00PM	4 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	5	6
9 Zumba Toning (V) 6:00PM-7:00PM	10	11 The Truth about Tobacco and Vaping (V) 11:00AM-12:00PM	12 Chair Yoga (H) 11:00AM-12:00PM Meditation (V) 12:15PM -12:45PM	13
16 Zumba Toning (V) 6:00PM-7:00PM	17 Mandala Coloring for Mindfulness- International District Clinic (I) 5:00PM - 6:00PM Urban Line Dancing (I) 6:00PM - 7:00PM	18 Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM ADHD Workshop Session 3 (V) 1:00PM - 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	25 Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM Empowered to Serve: Chronic Condition Self Management Session 1 (V) 1:00PM-2:30PM	26 Chair Yoga (H) 11:00AM-12:00PM	27
30	31			<p>Scan to register</p> 

April 2026 - Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> <p style="text-align: center;">Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM</p> <p style="text-align: center;">ADHD Workshop Session 4 (V) 1:00 - 2:00PM</p> <p style="text-align: center;">Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM</p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>
<p style="text-align: right;">6</p> <p style="text-align: center;">Zumba Toning (V) 6:00PM-7:00PM</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">My Healthy Plate Bingo-Jensen Clinic (I) 11:00AM-12:00PM</p> <p style="text-align: center;">Diabetes & Nutrition 101 (I) 5:30PM-7:30PM</p> <p style="text-align: center;">Urban Line Dancing (I) 6:00PM-7:00PM</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM</p> <p style="text-align: center;">Empowered to Serve: Chronic Condition Self Management Session 2 (V) 1:00PM-2:30PM</p>	<p style="text-align: right;">9</p> <p style="text-align: center;">Chair Yoga (H) 11:00AM-12:00PM</p> <p style="text-align: center;">Meditation (V) 12:15PM -12:45PM</p>	<p style="text-align: right;">10</p>
<p style="text-align: right;">13</p> <p style="text-align: center;">Zumba Toning (V) 6:00PM-7:00PM</p>	<p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">Chair Yoga (H) 11:00AM-12:00PM</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">20 My Healthy Plate Bingo-Greens Clinic (I) 11:00AM-12:00PM</p>
<p style="text-align: right;">20</p> <p style="text-align: center;">Zumba Toning (V) 6:00PM-7:00PM</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Mandala Coloring for Mindfulness- International District Clinic (I) 5:00PM - 6:00PM</p> <p style="text-align: center;">Urban Line Dancing (I) 6:00PM-7:00PM</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">Chair Yoga (H) 11:00AM-12:00PM</p>	<p style="text-align: right;">24</p>
<p style="text-align: right;">27</p> <p style="text-align: center;">Zumba Toning (V) 6:00PM-7:00PM</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM</p>	<p style="text-align: right;">30</p>	<p style="text-align: center;">Scan to register</p> 

May 2026 - Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Meditation (V) 11:00AM -11:30AM Diabetes & Nutrition 101 (I) 5:30PM-7:30PM Urban Line Dancing (I) 6:00PM-7:00PM	6 Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	7 Chair Yoga (H) 11:00AM-12:00PM Meditation (V) 12:15PM -12:45PM	8
11 Be Fast to Prevent Strokes (V) 11AM - 12PM	12	13 Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM	14 Chair Yoga (H) 11:00AM-12:00PM	15 20
18	19 Mandala Coloring for Mindfulness- International District Clinic (I) 5:00PM - 6:00PM Urban Line Dancing (I) 6:00PM-7:00PM	20 Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM	21 Chair Yoga (H) 11:00AM-12:00PM	22
25	26	27 Healthy Bites, Healthy Moves (Adult)-Vicory Clinic (H) 10:30AM-12:00PM	28	29 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.

Be FAST to Prevent Strokes

This presentation, taught by Agrilife Extension helps participants learn and recognize the warning signs of a stroke and how to prevent it. 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)*. 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.*

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.

Healthy Bites, Healthy Moves (Adult)

This is a 8-week program where participants will learn about healthy eating, budgeting at the store, food safety, and the importance of physical activity. Each lesson could include a recipe demonstration and/or tasting. Receive a cookbook for attending all lessons. Materials and lessons available in both English and Spanish. This class is offered virtually or in-person at *UT Physicians Multispecialty Victory Clinic (7364 Antoine Dr, Houston, TX 77088)*. 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 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.