



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.

## January 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM	8 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	9 Chair Yoga (H) 11:00AM-12:00PM	10
13	14 Zumba (H) 5:30PM-6:30PM	15	16 Chair Yoga (H) 11:00AM-12:00PM	17
20	21 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM  Zumba (H) 5:30PM-6:30PM	22 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM  Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	23 Chair Yoga (H) 11:00 AM-12:00PM  The Truth About Tobacco and Vaping: What You Should Know (V) 11:00AM - 12:00PM	24
27	28 HEAL Pregnancy 10:30AM-11:30AM 5:30PM-6:30PM  Zumba (H) 5:30PM-6:30PM	29 MyHealthy Plate Bingo Jensen Clinic (I) 11:00AM - 12:00PM	30	31
				Scan to register 

## February 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	<p>4</p> <p>HEAL Pregnancy 10:30AM-11:30AM 5:30PM-6:30PM</p> <p>Meditation (V) 11:00AM -11:30AM</p> <p>Zumba (H) 5:30PM-6:30PM</p> <p>Diabetes &amp; Nutrition 101 (I) 5:30PM-7:30PM</p>	<p>5</p> <p>Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM</p>	6	<p>7</p> <p>Core Connections- Chronic Disease Self-Management (I) 10:00AM-12:00PM</p>
10	<p>11</p> <p>HEAL Pregnancy 10:30AM-11:30AM 5:30PM-6:30PM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	12	<p>13</p> <p>Chair Yoga (H) 11:00AM-12:00PM</p>	<p>14</p> <p>Core Connections- Chronic Disease Self-Management (I) 10:00AM-12:00PM</p>
17	<p>18</p> <p>HEAL Pregnancy 10:30AM-11:30AM 5:30PM-6:30PM</p> <p>Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>19</p> <p>Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM</p> <p>Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM</p>	<p>20</p> <p>Chair Yoga (H) 11:00AM-12:00PM</p>	<p>21</p> <p>Core Connections- Chronic Disease Self-Management (I) 10:00AM-12:00PM</p>
24	<p>25</p> <p>HEAL Pregnancy 10:30AM-11:30AM 5:30PM-6:30PM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>26</p> <p>MyHealthy Plate Bingo Jensen Clinic (I) 11:00AM - 12:00PM</p>	<p>27</p> <p>Chair Yoga (H) 11:00AM-12:00PM</p>	<p>28</p> <p>Core Connections- Chronic Disease Self-Management (I) 10:00AM-12:00PM</p>
				<p>Scan to register</p> 

## March 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM  Diabetes & Nutrition 101 (I) 5:30PM-7:30PM	5 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	6	7
10	11  Zumba (H) 5:30PM-6:30PM	12	13 Chair Yoga (H) 11:00AM-12:00PM	14
17	18 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM  Zumba (H) 5:30PM-6:30PM	19 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM  Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	20 Chair Yoga (H) 11:00AM-12:00PM	21
24	25  Zumba (H) 5:30PM-6:30PM	26	27 Chair Yoga (H) 11:00AM-12:00PM	28
31				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 Andrea Berry at 713-486-3905.

### **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.*

### **Get the Facts**

This 4 session in-person series focuses on how to read the Nutrition Facts label to make healthy food choices and identify portion sizes, fats, sodium and added sugars found in foods. 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.

### **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.

### **Internet Safety for Families**

Participants will hear presentations on social media safety for children, how to avoid financial scams online, and tips on how to have difficult conversations with your children about internet safety. To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

### **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)*. 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)*. To register, please scan the QR code or call Carol Camper at 713-486-3903.

### **Urban Harvest Mobile Market**

Join us to elevate your health by visiting the Urban Harvest Mobile Market. Fresh and affordable produce is now available directly in your community! You can attend this market the first Thursday of the month at *UT Physicians Multispecialty Greens Clinic (550 Greens Parkway, Suite 150, Houston, TX 77067-4503)*.

### **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.

### **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.