

## JULY 5 - DECEMBER 23, 2023 WELLNESS PROGRAMS

Free classes for El Rio employees and patients.

### Virtual Fitness Classes

2023 virtual exercise classes scheduled through December 23, 2023 via ZOOM

| CLASS                 | DAYS        | TIME            |
|-----------------------|-------------|-----------------|
| Fitness for EveryBODY | Tue-Thu     | 9:30am-10:30am  |
| Yoga                  | Mon-Wed-Fri | 8:00am-9:00am   |
| Yoga                  | Tue-Thu     | 6:00pm-7:00pm   |
| Yoga                  | Sat         | 10:00am-11:00am |

**In Person Classes - Full COVID vaccinations, including boosters strongly recommended. Limited capacity.**

| LOCATION/CLASS   | DAYS        | TIME            |
|--|-------------|-----------------|
| <b>CHERRYBELL</b> (1230 S. Cherrybell Stra.)               |             |                 |
| Tai Chi  | Thu         | 10:30am-11:30am |
| Yoga   | Tue-Thu     | 9:30am-10:30am  |
| <b>CONGRESS</b> (839 W. Congress St.)                      |             |                 |
| Better Balance   | Mon-Wed-Fri | 9:00am-9:45am   |
| Chair Yoga   | Tue-Thu     | 9:00am-9:45am   |
| Get Strong   | Mon-Wed-Fri | 10:00am-10:45am |
| Get Strong   | Mon-Wed-Fri | 11:00am-11:45am |
| Beginning Tai Chi  | Tue         | 10:00am-11:00am |
| Tai Chi  | Tue-Thu     | 1:00pm-2:00pm   |
| Yoga   | Tue-Thu     | 5:15pm-6:15pm   |
| <b>HEALTHON BROADWAY</b> (1 W. Broadway Blvd. #151)        |             |                 |
| Chair Yoga   | Mon-Wed-Fri | 10:15am-11:15am |
| Yoga   | Mon-Wed-Fri | 11:45am-12:45pm |
| <b>SOUTHEAST</b> (6950 E. Golf Links Rd.)                  |             |                 |
| Better Backs   | Mon-Wed-Fri | 10:00am-10:45am |
| Better Balance   | Tue-Thu     | 10:45am-11:45am |
| Sit Fit  | Tue-Thu     | 9:30am-10:30am  |
| Yoga   | Mon-Wed-Fri | 9:00am-9:45am   |
| <b>EL RIO NEIGHBORHOOD CENTER</b> (1390 W. Speedway Blvd.) |             |                 |
| Zumba  | Tue-Thu     | 6:00pm-7:00pm   |
| <b>EL PUEBLO RECREATION CENTER</b> (101 W. Irvington Rd.)  |             |                 |
| Better Balance   | Tue-Thu     | 9:00am-10:00am  |
| Walking Workout  | Mon-Wed-Fri | 11:15am-12:15pm |
| Sit Fit  | Mon-Wed-Fri | 10:00am-11:00am |
| Yoga   | Tue-Thu     | 10:30am-11:30am |
| Zumba  | Mon-Wed     | 6:00pm-7:00pm   |

### Nutrition Services

**Registered Dietitian Appointments: Contact Patient Communications at (520) 670-3909.**

**Tucson Community Food Bank Food Distribution:**

Everyone welcome. Saturdays 8:00am-10:00am.

**Southeast Health Center:** Jul 8, Aug 12, Sep 9, Oct 14, Nov 11, Dec 9.

**Grant Health Center:** Jul 22, Aug 26, Sep 23, Oct 28, Nov 18, Dec 23.

**Community Garden:** Garden plots available for patients, employees and community at the Congress Health Center site.

Contact Carolyn at [Carolynm@elrio.org](mailto:Carolynm@elrio.org).

### Health Improvement Programs

**Good Health, New Vitality:** An 8-week, garden-focused, holistic health program featuring El Rio healthcare professionals. Learn about the importance of heart health, oral health, nutrition and stress reduction to prevent and manage chronic disease. For more information contact Ernie at (520) 309-2085 or [Ernie.P@elrio.org](mailto:Ernie.P@elrio.org).

**Diabetes Empowerment Workshops:** A 6-class series to learn about diabetes while get support for lifestyle changes. Contact Ernie at (520) 309-2085 or [ErnieP@elrio.org](mailto:ErnieP@elrio.org) to register.

Registration Required,  
Register Here:



For questions, please call  
(520) 309-2084



El Rio YouTube Resources:

Exercise Videos, Cooking Demonstrations, Nutrition, Stress Management  
[YouTube.com](https://www.youtube.com)>

El Rio Health>Playlists

### Family Programs

**Self-Care for Families:** Learn easy calming practices for the mind and body that the entire family can benefit from. Open class Tuesdays at El Pueblo Recreation Center. 4-4:45pm for families with kids 6-11 years old. 5-5:45pm for families with teens 12-17. Contact Ernie at (520) 309-2085.

**PowerFULL Families:** A 10-week lifestyle program designed for children ages 7-12 and their families. Families learn to set healthy goals, mindfulness, movement, and nutrition. Contact Jayelle at (520) 309-2087 or [Jayelle.harrison@elrio.org](mailto:Jayelle.harrison@elrio.org).

**Family Bonds:** Mental Health and Self-Care Strategies for Families. Activity-based, 8-week program for teens 12-17 and their parents/caregivers. Learn to set healthy boundaries, recognize signs of anxiety/depression and build coping and resilience tools. Contact Kyla at (520) 833-1920 or [Kyla.James@elrio.org](mailto:Kyla.James@elrio.org).

### Clases gratuitas para empleados y pacientes de El Rio Health.

#### Clases Virtuales De Ejercicio

Clases de ejercicios virtuales programadas hasta el 23 de diciembre a través de ZOOM

| CLASES                        | DÍAS       | HORARIO         |
|-------------------------------|------------|-----------------|
| Movimiento para TODOS Tamaños | ma-jue     | 9:30am-10:30am  |
| Yoga                          | lu-mie-vie | 8:00am-9:00am   |
| Yoga                          | ma-jue     | 6:00pm-7:00pm   |
| Yoga                          | sab        | 10:00am-11:00am |

#### Clases Presenciales - Se recomienda vacunas completas contra el COVID, incluido el refuerzo.

| LUGAR/CLASES   | DÍAS       | HORARIO         |
|--|------------|-----------------|
| <b>CHERRYBELL</b> (1230 S. Cherrybell Stra.)               |            |                 |
| Tai Chi  | jue        | 10:30am-11:30am |
| Yoga   | ma-jue     | 9:30am-10:30am  |
| <b>CONGRESS</b> (839 W. Congress St.)                      |            |                 |
| Mejorar el Equilibrio                                      | lu-mie-vie | 9:00am-9:45am   |
| Yoga con Silla   | ma-jue     | 9:00am-9:45am   |
| Se Fuerte  | lu-mie-vie | 10:00am-10:45am |
| Se Fuerte  | lu-mie-vie | 11:00am-11:45am |
| Tai Chi para Principiantes                                 | ma         | 10:00am-11:00am |
| Tai Chi  | ma-jue     | 1:00pm-2:00pm   |
| Yoga   | ma-jue     | 5:15pm-6:15pm   |
| <b>HEALTHON BROADWAY</b> (1 W. Broadway Blvd. #151)        |            |                 |
| Yoga Sentada   | lu-mie-vie | 10:15am-11:15am |
| Yoga   | lu-mie-vie | 11:45am-12:45pm |
| <b>SOUTHEAST</b> (6950 E. Golf Links Rd.)                  |            |                 |
| Mejorar la Espalda   | lu-mie-vie | 10:00am-10:45am |
| Mejorar el Equilibrio                                      | ma-jue     | 10:45am-11:45am |
| Sit Fit  | ma-jue     | 9:30am-10:30am  |
| Yoga   | lu-mie-vie | 9:00am-9:45am   |
| <b>EL RIO NEIGHBORHOOD CENTER</b> (1390 W. Speedway Blvd.) |            |                 |
| Zumba  | ma-jue     | 6:00pm-7:00pm   |
| <b>EL PUEBLO RECREATION CENTER</b> (101 W. Irvington Rd.)  |            |                 |
| Cáminar y Condicion  | lu-mie-vie | 11:15am-12:15pm |
| Sit Fit  | lu-mie-vie | 10:00am-11:00am |
| Yoga   | ma-jue     | 10:30am-11:30am |
| Zumba  | lu-mie     | 6:00pm-7:00pm   |
| Mejorar el Equilibrio                                      | ma-jue     | 9:00am-10:00am  |

Se requiere registraci3n  
regístrese aquí:



¿Preguntas? (520) 309-2090



Recursos en YouTube de El Rio:

Videos De Ejercicios, Demostraciones de Cocina, Videos de Nutrici3n, Videos para Controlar el Estr3s

[YouTube.com](https://www.youtube.com)>  
[El Rio Health](#)>Playlists

#### Servicios de Nutrici3n

**Citas con Dietistas Registrados: Comuníquese con Comunicaciones del paciente al (520) 670-3909**

**Distribuci3n de Alimentos del Banco de Comida de la Comunidad de Tucson: Todos bienvenidos. Sábados de 8:00am-10:00am.**

**Southeast Health Center:** Jul 8, Aug 12, Sep 9, Oct 14, Nov 11, Dec 9.

**Grant Health Center:** Jul 22, Aug 26, Sep 23, Oct 28, Nov 18, Dec 23.

**Jardín Comunitario:** Parcelas de jardín disponibles para pacientes, empleados y la comunidad en el centro de salud Congress. **Comuníquese con Carolyn a Carolynm@elrio.org.**

#### Programas para Mejorar la Salud

**Buena Salud, Nueva Vitalidad:** Un programa de salud holística de 8 semanas, centrado en jardín, con profesionales de la salud de El Río. Aprenda sobre la importancia de la salud del corazón, la salud oral, la nutrici3n y la reducci3n del estrés para prevenir y controlar las enfermedades cr3nicas. **Comuníquese con Ernie al (520) 309-2085 o Ernie.P@elrio.org.**

**Programa de Capacitaci3n para la Diabetes:** Una serie de 6 clases para aprender sobre la diabetes mientras recibe apoyo con los cambios en el estilo de vida para mejorar la salud. **Comuníquese con Ernie al (520) 309-2085 o Ernie.P@elrio.org.**

#### Programas Familiares

**Autocuidado para las familias:** Aprendan prácticas fáciles para calmar la mente y el cuerpo de las que toda la familia puede beneficiarse. Clase abierta los martes en El Pueblo Recreaci3n Center, 4-4:45pm para familias con ni3os de 6 a 11 años. 5-5:45pm para familias con adolescentes 12-17. **Comuníquese con Ernie al (520) 309-2085.**

**Enlaces Familiares:** Estrategias de salud mental y autocuidado para las familias. Programa de 8 semanas basado en actividades para adolescentes de 12 a 17 años y sus padres/cuidadores. Aprenda a establecer límites saludables, reconocer signos de ansiedad / depresi3n y desarrollar herramientas de afrontamiento y resiliencia. **Comuníquese con Kyla al (520) 833-1920 o Kyla.James@elrio.org.**

**PowerFULL Familias:** Un programa de 10 semanas diseñado para ni3os de 7 a 12 años y sus familias. Aprenden a establecer metas familiares, atenci3n plena, movimiento, y nutrici3n. **Comuníquese con Erika al (520) 286-6419 o Erikao@elrio.org.**