

Holistic Wellness Program



Yoga for All Levels
Saturdays @ 10:30am
George Morales Dove Springs
Recreation Center



**Taller Abierto:
Painting/Drawing Workshop (15+)**
1st Thursday of each month @ 10-11:30am
George Morales Dove Springs
Recreation Center



Family Yoga
1st Saturday of each month @ 12pm
George Morales Dove Springs
Recreation Center



Drumming Lessons
2nd Sunday of each month @ 1pm
George Morales Dove Springs
Recreation Center



Chair Yoga
3rd Wednesday of each month @ 11am
George Morales Dove Springs
Recreation Center



Chair Yoga
3rd Friday of each month @ 10:30am
Yarborough Library



Gentle Flow Yoga (8+)
3rd Saturday of each month @ 10:30am
Windsor Park Library



Chair Yoga
4th Monday of each month @ 11am
Willie Mae Kirk Library



Learn to Row (18+)
4th Thursday of each month
6-7:30pm
Austin Rowing Club



Beginner Swim Lessons (5+)
Saturdays @ 11-11:50am
April 6-May 25
Bartholomew Municipal Pool



FREE!

**Todas las clases son bilingües
- inglés y español**

Digital Calendar



Beginner Swim Lessons (5+)
Tuesdays & Thursdays @ 6:15-7:15pm
April 16-May 9
Big Stacy Neighborhood Pool



Road to Financial Freedom
Wednesday, April 24 @ 6-7:30pm
Little Walnut Creek Library



**Community Conversation on Identity
for Teens**
Saturday, April 27th @ 12-3:30pm
Central Library



Hike and/or Garden Day
Sunday, April 28th @ 8:30am/10:30am
Violet Crown Trailhead
Sunset Valley Community Garden



Cine de Oro
Tuesday, April 30 @ 9-12pm
Conley-Guerrero Senior Center



Women's Self-Defense Class (18+)
Saturday, May 4 @ 3-4:30pm
Austin Women's Boxing Club



Film Screening
"Road to Leadville 100: Si Se Puede"
Sunday, May 5 @ 2-5pm
Dougherty Arts Center



**Community Exhibit: La Mujer -
The Diosa Energy Within**
Submission Due - Fri, May, 10 2024



**Cooking Demo: Summer Picnic
& Potluck (15+):** Wednesday, May 15
@ 6-7:30pm Central Library - Demo
Area/Kitchen



Small Business Financial Workshop
Wednesday, May 22 @ 6-7:30pm Little
Walnut Creek Library



Home Ownership Workshop
Wednesday, June 12 @ 6-7:30pm
Little Walnut Creek Library



Cine de Oro
Tuesday, June 25 @ 9-12pm
Conley-Guerrero Senior Center

Yoga for All Levels: Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation and sound to regulate the nervous system.

Taller Abierto: Painting/Drawing Workshop (15+): Art classes for all levels. Includes exploration of different techniques. All materials provided! Pre-registration required.

Family Yoga: A space for kids and their adult to practice yoga together.

Drumming: Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Class starts with a movement warm up, then use drums, bells, and shakers to learn basic rhythms and play as a group. Drums provided - feel free to bring your own drum or percussion instrument.

Chair Yoga: A gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people with various physical abilities.

Gentle Flow Yoga (8+): Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

Learn to Row (18+): Join us on Lady Bird Lake to be introduced to sweep rowing (using one oar) in a training barge. Learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. Expect a fun, beginner friendly, and lively experience. Pre-registration required.

Beginner Swim Lessons (5+): Students will become familiar with the aquatic environment and acquire rudimentary aquatic skills to develop positive attitudes and safe practices in and around the water. Two separate concurrent classes available for Adult and Youth (5-17) learners. Pre-registration required.

Road to Financial Freedom: Gain control of your financial future by chipping away at debt such as credit cards and bills. Facilitated by Business Community Lenders of Texas. Pre-registration requested.

2 hrs FREE garage parking at Central Library



Physical Social Environmental Financial

The Holistic Wellness Program attends to the needs of the total person while remaining rooted in our Latino/Mexican American cultural identities. True wellness is a combination of Physical, Social, Environmental, Financial, Intellectual, Emotional/Mental, Occupational, and Spiritual aspects and, like the diversity of our people, deserves to be nourished and cultivated to enrich individual lives and uplift our community.

Austin Rowing Club
74 Trinity St
(512) 831-4922

Austin Women's Boxing Club
2919 Menchaca Rd #210
(512) 905-0109

Big Stacy Neighborhood Pool
700 E Live Oak St
(512) 445-0304

Central Library
710 W Cesar Chavez St
(512) 974-7400

Conley-Guerrero Recreation Center
808 Nile St
(512) 978-2660

Dougherty Arts Center
1110 Barton Springs Rd
(512) 974-4000

George Morales Dove Springs Recreation Center
5801 Ainez Dr
(512) 974-3840

Little Walnut Creek Library
835 W Rundberg Ln
(512) 974-9860

Sunset Valley Community Garden
1160 Lone Oak Trail, Sunset Valley

Willie Mae Kirk Library
3101 Oak Springs Dr
(512) 974-9920

Windsor Park Branch Library
5833 Westminster Dr
(512) 974-9840

Yarborough Library
2200 Hancock Dr
(512) 974-8820

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3772 or Relay Texas 7-1-1.



Emma S. Barrientos
Mexican American
Cultural Center

Community Conversation on Identity for Teens:

All teens are invited to share about themselves and their identities: what thoughts, questions, and emotions come up as we explore who we are and how we express ourselves? Conversations will be followed by an identity collage activity. Pre-registration requested.

Hike and/or Garden Day:

Join us for an intermediate level 1.5 hour hike with uneven, rocky trail and some incline. Please dress comfortably for the weather and bring a water bottle. Afterward, we'll meet 2 miles down the road at the ESB-MACC Healing Garden where we grow herbs, fruits and vegetables. Volunteers work hands-on maintaining the garden then move in-doors for a garden activity. Pre-registration required by Wed, April 24th.

Cine de Oro: Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

Women's Self-Defense Class (18+): In a hands-on environment we will practice using mixed martial arts techniques from Karate, Jiu Jitsu, and more. You will gain a basic understanding of how to defend yourself using your body and tools like a baton, pepper spray, and a tactical flashlight. Pre-registration required.

Cooking Demo - Summer Picnic & Potluck (15+): Learn how to make delicious and nutritious summer snacks, perfect for your summer picnic or potluck, using products found at your local grocery store. Tastings are included! Pre-registration required by Fri, May 10.

Community Exhibit: La Mujer - The Diosa Energy Within: We invite all Austin area visual artists (professional or novice) to submit a clear photo(s) of your 2D art work for the ESB-MACC's Holistic Wellness Program Community Exhibit by Fri, May 10. The art work may be a maximum of up to 24"x24" inches. Submission form provided on the ESB-MACC website.

Small Business Financial Workshop: Business owners will learn the three most important financial documents: balance sheets, profit and loss statements, and cash flow reports. At the end of the workshop you will be able to prepare or work with a professional to prepare these documents. Facilitated by Business Community Lenders of Texas. Pre-registration requested.

Film Screening "Road to Leadville 100: Si Se Puede": Leadville 100 is one of the most difficult ultra-marathons in the world due to its high elevation and tough terrain. This film is about Daniel Flores' journey going for the seemingly impossible, and being able to push through and make it happen! A talkback with Daniel and the Director Ramon Morales will follow.

Questions or Feedback?

Contact Lorie Martinez at
maccwellness@austintexas.gov

austintexas.gov/esbmacc



Intellectual Emotional/ Occupational Spiritual
Mental