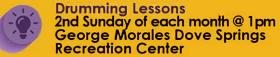
Holistic Wellness Program









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

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

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

Chair Yoaa 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 Bartholoméw Municipal Pool



Todas las clases son bilingües - inglés y español

Diaital Calendar



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





Community Conversation on Identity

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**









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

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

700 E Live Oak St (512) 445-0304

> 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 In (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

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 handson 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 nov-ice) 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









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.









