

Holistic Wellness Program



**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 Saturday of each month @ 3pm
Windsor Park Library



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



**Taller Abierto:
Painting/Drawing Workshop (15+)**
3rd Monday of each month @ 10-11:30am
Virginia L. Brown Recreation Center



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



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



Guitar Lessons (15+)
Tuesdays @ Twin Oaks Library
• Beginner: 2-2:30pm
• Intermediate: 2:45-3:15pm



**Voice/Guitar/Songwriting Lessons
Intermediate (15+)**
Mondays @ 4-5pm
Windsor Park Library



FREE!

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

Digital Calendar



Hike and Garden Day
Sunday, November 19 @ 8:30-11:30am
Sunset Valley Community Garden
• 8:30am: Hike w/Latino Outdoors
• 10am: Garden Workday
• 11:30am: Garden Activity



Healthy Eating (15+)
Wednesday, November 8 @ 6-7:30pm
Carver Library - Meeting Room



**Community Conversations on
Latine/x/a/o Identity**
Thursday, November 9 @ 6-7:30pm
Southeast Library



Community Drum & Dance
Sunday, November 12 @ 2pm
George Morales Dove Springs
Recreation Center



**Taller Abierto:
Painting/Drawing Workshop (15+)**
Saturday, November 25 @ 2-4pm
Windsor Park Library



Cine de Oro
Tuesday, November 28 @ 9-12pm
Doris Miller Auditorium



Gentle Flow Yoga (8+)
Saturday, December 2nd @ 10:30am
Windsor Park Library



First Annual Tamalada
Saturday, December 2 @ 1:30-5pm
Conley-Guerrero Recreation Center
• 2pm (Pre-register by November 15th)
• 3:30pm (Open to Walk-ins)



Cooking Demo: Carb Conscious (15+)
Wednesday, December 13 @ 6-7:30pm
Central Library - Demo Area/Kitchen



Cooking Demo: Vegan (15+)
Wednesday, January 17 @ 6-7:30pm
Central Library - Demo Area/Kitchen

Taller Abierto: Painting/Drawing Workshop (15+): Art classes for all levels led by art instructor Miguel Santana. Includes both art history and exploration of different techniques. All materials provided! Pre-registration required.

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.

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.

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.

Community Drum & Dance: A fun and lively workshop that infuses Latin, Afro Latin, indigenous and contemporary rhythms. We will practice group improvisation and end in a drum and dance circle. Suitable for all levels, bodies and 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.

Voice/Guitar/Songwriting Lessons Intermediate (15+): Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons. Skills addressed: left and right hand technique, chords, arpeggios, strumming patterns, vocal technique, and songwriting approaches. Bring your own guitar. Pre-registration required.

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.

Twin Oaks Library
1800 S 5th St
(512) 974-9980

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

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

Sunset Valley Community Garden
1160 Lone Oak Trail, Sunset Valley

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

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

Doris Miller Auditorium
2300 Rosewood Ave
(512) 476-4118

Virginia L. Brown Recreation Center
7500 Blessing Ave
(512) 974-7865

Southeast Library
5803 Nuckols Crossing Rd,
(512) 974-8840

Carver Library
1161 Angelina St
(512) 974-1010

Guitar Lessons (15+): Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-registration required.

Healthy Eating (15+): A healthy diet maintains or improves overall health and provides the body with essential nutrition. Learn about healthy portions, eating the rainbow, and simple ways to eat more healthfully! A quick and healthy recipe will be shared and samples served. On the menu: Avocado Chocolate Pudding. Pre-registration required.

Hike and Garden Day : At the ESB-MACC Healing Garden we grow herbs, fruits and vegetables that can be used for everyday meals and health. If you are interested in gardening or sharing in our harvest, join us for one of our workdays. Beginner friendly hike will precede gardening. Pre-registration required.

Community Conversation on Latine/x/a/o Identity: Join this discussion on identity within the Latino/a, LatinX, Latine, Hispanic, Chicano community! Austin community leaders will share their experiences and you are invited to participate in the roundtable. Supervised children's activity (ages 5-14) and snacks will be provided. Translation available.

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

First Annual Tamalada: Join us for this all ages event! Learn to make traditional tamales with Doña Lupita, dance to our DJ, get creative at one of our art-making tables, then leave with some tasty tamales and a recipe card so that you and your family can host a tamalada in your own home. Space is limited.

Cooking Demo - Carb Conscious (15+): Learn how to make a delicious and nutritious meal with clever and creative substitutions to reduce the carbohydrate load, using products found at your local grocery store. Tastings are included! Pre-registration required.

Cooking Demo - Vegan: A vegan diet excludes meat, dairy, and all foods derived from animals. You will learn how to make a quick and healthy meal using products found at your local grocery store. Tastings are included! Pre-registration required.

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.



Physical Social Environmental Financial



Emma S. Barrientos
Mexican American
Cultural Center



Intellectual Emotional/ Occupational Spiritual
Mental