

Holistic Wellness Program



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



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



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



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



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



FREE!

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

Digital Calendar



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



Garden Day
Sunday, May 19 @ 9:30am
Sunset Valley Community Garden



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



Learn to Row (18+)
Thursday, May 23 @ 6-7:30pm
Austin Rowing Club



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



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



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



Rock Climbing w/ Latino Outdoors
Saturday, July 20 @ 12-2pm
Mesa Rim Climbing Center



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

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.

Beginners Swim Lessons: 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.

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.

Garden Day: At the ESB-MACC Healing Garden we grow herbs, fruits and vegetables that can be used for everyday meals and health. Volunteers work hands-on maintaining the garden and its infrastructure. Please dress comfortably and appropriately for the weather. Pre-registration required.

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.

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.

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

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

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

Conley-Guerrero Senior Activity Center
808 Nile St, Austin
(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

Yarborough Library
2200 Hancock Dr
512 974-8820

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

Mesa Rim Climbing Center
1205 Sheldon Cove Building 3
(512) 284-9043

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.

Small Business Financial: 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 Leaders of Texas. Pre-registration requested.

Home Ownership: Get started on the journey towards purchasing a home of your own. The first steps are getting your finances and credit scores in order - we're here to help you!. Pre-registration required.

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.

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.

Rock Climbing w/ Latino Outdoors: Join us for beginner friendly indoor rock climbing at Mesa Rim. All gear provided. Pre-registration required.

Questions or Feedback?
Contact Lorie Martinez at
maccwellness@austintexas.gov
austintexas.gov/esbmacc



Physical Social Environmental Financial

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



Intellectual Emotional/ Mental Occupational Spiritual