

Emma S. Barrientos
Mexican American Cultural Center



Holistic Wellness Program

in partnership with
Ages 18+

AUSTIN
PUBLIC
LIBRARY

FREE!

2 hrs FREE garage parking at Central Library



Budgeting

Wednesday, January 11th 6-7:30pm
Carver Branch - Computer Room



Indigenous Healing

Wednesday, February 8th 6-7:30pm
Central Library - Demo Area



Gardening/Composting/Recycling

Wednesday, March 8th 6-7:30pm
Carver Branch - Meeting Room



Gardening/Composting/Recycling

Wednesday, April 12th 6-7:30pm
Central Library - Demo Area



Road to Financial Freedom

Wednesday, May 10th 6-7:30pm
Carver Branch - Meeting Room



Cooking Demo: Vegan

Wednesday, June 14th 6-7:30pm
Central Library - Demo Area/Kitchen



Stress Reduction/ Meditation

Wednesday, July 12th 6-7:30pm
Carver Branch- Meeting Room



Cooking Demo: High Protein

Wednesday, August 9th 6-7:30pm
Central Library - Demo Area/Kitchen



Home Ownership

Wednesday, September 13th 6-7:30pm
Carver Branch - Computer Room



Cooking Demo: Vegetarian

Wednesday, October 11th 6-7:30pm
Central Library - Demo Area/Kitchen



Healthy Eating

Wednesday, November 8th 6-7:30pm
Carver Branch - Meeting Room



Cooking Demo: Gluten-Free

Wednesday, December 13th 6-7:30pm
Central Library - Demo Area/Kitchen

Todas las clases son bilingües -inglés y español

maccwellness@austintexas.gov austintexas.gov/esbmacc



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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.



Physical



Social



Environmental



Financial



Intellectual



Emotional/
Mental



Occupational



Spiritual

Budgeting: What is your money personality and how does it affect your daily finances? Learn how to track your expenses and create a spending plan to start an emergency fund or prepare for large purchases.

Road to Financial Freedom: Gain control of your financial future by chipping away at debt such as credit cards and bills.

Indigenous Healing: Participants will leave with an understanding of the ceremonial clothing, limpias (cleansings), and traditional teas used in curanderismo. Tea samples will be available for tasting.

Stress Reduction/ Meditation: Learn how to use meditation techniques to reduce stress - including awareness of breathing, guided relaxation, and gentle stretching. Meditation clears away the information overload that builds up and contributes to stress.

Gardening/Composting/Recycling: Learn the basics of Central Texas organic gardening - what/when/where to plant, and how to conserve water as you harvest. We'll discuss compost basics and you'll also leave with plenty of ideas and resources to reduce, reuse, and recycle.

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!

Cooking Demo - High Protein: This diet is when 20% or more of your total daily calories comes from proteins like lean beef, poultry, pork, salmon, tuna, eggs, and soy. Learn how to make a quick and healthy meal using products found at your local grocery store. Tastings are included!

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!

Cooking Demo - Vegetarian: This diet focuses on consuming fruits, vegetables, dried beans, peas, grains, nuts, some dairy products, and eggs. You will learn how to make a healthy and simple meal using products found at your local grocery store. Tastings are included!

Healthy Eating: A healthy diet maintains or improves overall health and provides the body with essential nutrition: fluid, protein, vitamins, adequate fiber and food energy. Learn about healthy portions, eating the rainbow, and simple ways to eat more healthfully!

Cooking Demo - Gluten Free: Gluten is found in wheat, barley, rye, and oats which can cause inflammation. You will learn how to make a healthy and easy gluten-free meal using products found at your local grocery store. Tastings are included!

Questions or Feedback?

Contact Lorie Martinez at maccwellness@austintexas.gov
austintexas.gov/esbmacc

Central Branch Library
710 W Cesar Chavez St
Austin, TX 78701
(512) 974-7400

Carver Branch Library
1161 Angelina St
Austin, TX 78702
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