

Emma S. Barrientos
Mexican American Cultural Center

Holistic Wellness Program 2023



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



Adult Capoeira (15+)
Thursdays @ 7pm
South Austin Recreation Center



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



Kid's Capoeira (5-15)
Saturdays @ 12pm
George Morales Dove Springs
Recreation Center



Chair Yoga
Wednesday, February 1 @ 11am
George Morales Dove Springs
Recreation Center



Adaptive Yoga
Mondays @ 6:30pm
Begins February 6
South Austin Recreation Center



Indigenous Healing
Wed, February 8th @ 6-7:30pm
Central Library - Demo Area



Chair Yoga
Wednesday, February 15th @ 11am
George Morales Dove Springs
Recreation Center



Afro-Latin Flow
Sunday, February 19th 2-3:30pm
George Morales Dove Springs
Recreation Center



FREE!

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

2 hrs FREE garage parking at Central Library



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



Gardening/Composting/Recycling
Wednesday, March 8th @ 6-7:30pm
Carver Branch - Meeting Room

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!



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.

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

Carver Branch Library
1161 Angelina St
Austin, TX 78702
(512) 974-1010

George Morales Dove Springs Recreation Center
5801 Ainez Dr, Austin, TX 78744
(512) 974-3840

South Austin Recreation Center
1100 Cumberland Rd, Austin, TX 78704
(512) 978-2440

Questions or Feedback?

Contact Lorie Martinez at maccwellness@austintexas.gov

austintexas.gov/esbmacc

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!

Yoga for All Levels: A practice that focuses on body awareness and deep relaxation. 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.

Adaptive Yoga: We will provide blankets, straps, and chairs to make the poses open to more people. Adaptive yoga fits the movements to what you're able to do rather than forcing your body into one-size-fits-all poses.

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 or those who find other types of yoga too challenging.

Capoeira: An Afro-Brazilian Martial Art + dance that incorporates music, movement and culture. Engage the body, mind and spirit.

Afro-Latin Flow: Afro-Latin flow is a combination of West African Dance, Latin Dance and contemporary movement. Participants learn steps by repeating them to the rhythm of live drums.

Yoga note: Feel free to bring your own mat or one can be provided to you



Physical Social Environmental Financial



Intellectual Emotional/ Mental Occupational Spiritual



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