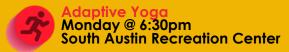
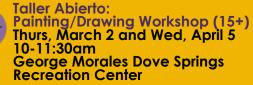
Holistic Wellness Program













Afro-Latin Flow Sunday @ 2pm **George Morales Dove Springs Recreation Center** March 12, 26

April 16, 30

May 7, 21

Adult Story Hour: Celebrating Women Who Tell Our Stories

6:30-7:30pm Wed, March 15 @ Twin Oaks Branch Mon. March 20 @ Southeast Branch Tues, March 28 @ Central Library

Learn to Row (18+) Mar 23, April 27, May 25 @ 6-7:30pm **Austin Rowing Club**





FREE!

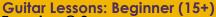
Todas las clases son bilingües - inalés v español

2 hrs FREE garage parking at Central Library



Day of Wellness

Sunday, March 26 @ 8:30am-1pm Sunset Valley Community Garden



Tuesday @ 2pm Twin Oaks Library Branch

April 4, 18

May 2,16, 30



Twin Oaks Library Branch

 April 11, 25 May 9, 23



Voice/Guitar/Sonawritina Lessons Beginner (15+)

Monday @ 4pm Windsor Park Library

April 3, 17

May 1, 15



Voice/Guitar/Songwriting Lessons Intermediate (15+)

Monday @ 4pm University Hills Library

April 10, 24

May 8, 22



Gardening/Composting/Recycling

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



Drumming Lessons

Sunday @ 1pm **George Morales Dove Springs Recreation Center**

• April 16, 30

May 7, 21



Road to Financial Freedom

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



Cooking Demo: Vegan

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



Stress Reduction/ Meditation

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



Cooking Demo: High Protein

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



Home Ownership

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



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

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: 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!

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.

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.

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 Library 710 W Cesar Chavez St (512) 974-7400 **Carver Branch Library** 1161 Angelina St (512) 974-1010 Twin Oaks Branch Library 1800 S 5th Street (512) 974-9980 **Windsor Park Branch Library** 5833 Westminster Dr (512) 974-9840 **University Hills Branch Library** 4721 Lovola Ln (512) 974-9940 North Village Branch Library 2505 Steck Ave (512) 974-9960 **George Morales Dove Springs Recreation Center** 5801 Ainez Dr (512) 974-3840 **Sunset Valley Community Garden** 1160 Lone Oak Trail Sunset Valley, TX 78745

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.

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.

Learn to Row: Join us on Lady Bird Lake and 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.

Adult Story Hour - Celebrating Women Who Tell Our Stories:

Long-time Austin community gardeners Harv'e Franks and Donna Hoffman tell their stories of the healing powers of mother nature and how women can tap into their own connections to the environment. Attendees will also be invited to share their own stories!

Taller Abierto: Painting/drawing classes for all levels.
Includes both art history and exploration of different techniques. All materials provided! Pre-registration required.

Voice/Guitar/Songwriting Lessons Intermediate: Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons using popular music from Latin America. Bring your own guitar. Pre-registration required.

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

Day of Wellness: Join us for our annual Day of Wellness at our ESB-MACC Healing Garden's new temporary location in the peaceful Sunset Valley Organic Community Garden.

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













Austin Rowing Club

74 Trinity St.

Austin, TX 78701

















