


Holistic Wellness Program





FREE!


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


*2 hrs FREE garage parking
at Central Library*

 **Adaptive Yoga**
Monday @ 6:30pm
South Austin Recreation Center

 **Chair Yoga**
Wednesday @ 11am
George Morales Dove Springs
Recreation Center

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


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

 **Taller Abierto:
Painting/Drawing Workshop (15+)**
Thurs, March 2 and Wed, April 5
10-11:30am
George Morales Dove Springs
Recreation Center

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


 **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

 **Taller Abierto:
Painting/Drawing Workshop (15+)**
Sat, Mar 25 @ 2:30-4pm
North Village Library


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


 **Guitar Lessons: Beginner (15+)**
Tuesday @ 2pm
Twin Oaks Library Branch
• April 4, 18
• May 2, 16, 30

 **Guitar Lessons: Intermediate (15+)**
Tuesday @ 2pm
Twin Oaks Library Branch
• April 11, 25
• May 9, 23


 **Voice/Guitar/Songwriting 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 Loyola 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

Austin Rowing Club

74 Trinity St.
Austin, TX 78701

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

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



Physical Social Environmental Financial



Emma S. Barrientos
Mexican American
Cultural Center



Intellectual Emotional/ Mental Occupational Spiritual