

Holistic Wellness Program



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



Family Yoga
1st Saturday of each month @ 12pm
George Morales Dove Springs
Recreation Center



Drumming Lessons
2nd Saturday of each month @ 3pm
Windsor Park Library



Community Drum & Dance
2nd Sunday of each month @ 2pm
George Morales Dove Springs
Recreation Center



Drumming Lessons
2nd Sunday of each month @ 1pm
George Morales Dove Springs
Recreation Center



**Taller Abierto:
Painting/Drawing Workshop (15+)**
3rd Monday of each month @ 10-11:30am
Virginia L. Brown Recreation Center



Chair Yoga
3rd Wednesday of each month @ 11am
George Morales Dove Springs
Recreation Center



Gentle Flow Yoga (8+)
3rd Saturday of each month @ 10:30am
Little Walnut Creek Library



Learn to Kayak and Paddleboard (18+)
4th Thursday of each month @ 6-8pm
Austin Rowing Club



FREE!

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

Digital Calendar



Yoga for All Levels
Saturdays @ 10:30am
George Morales Dove Springs
Recreation Center



Guitar Lessons (15+)
Tuesdays @ Twin Oaks Library
• Beginner: 2-2:30pm
• Intermediate: 2:45-3:15pm



Cooking Demo: Vegetarian (15+)
Wednesday, October 11 @ 6-7:30pm
Central Library - Demo Area/Kitchen



Self-Defense Class (18+)
Saturday, October 14 @ 3-4:30pm
Austin Women's Boxing Club



Healing Garden Workday
Sunday, October 22 @ 10am-12pm
Sunset Valley Community Garden



Voice/Guitar/Songwriting Lessons (15+)
Begins October 23
Mondays @ 4pm
Windsor Park Library
• Intermediate: 4-4:30pm
• Advanced: 4:45-5:15pm



**Roots and Wings Festival: Traditional
Garden Altars with Marigolds**
Saturday, October 28 @ 10:30-12pm
Zilker Botanical Garden



**Taller Abierto:
Painting/Drawing Workshop (15+)**
Saturday, October 28 @ 2-4pm
North Village Library



Cine de Oro
Tuesday, October 31 @ 9-12pm
Delores Duffie Recreation Center



Healthy Eating (15+)
Wednesday, November 8 @ 6-7:30pm
Carver Library - Meeting Room



**Taller Abierto:
Painting/Drawing Workshop (15+)**
Saturday, November 25 @ 2-4pm
Windsor Park Library



Cooking Demo: Carb Conscious (15+)
Wednesday, December 13 @ 6-7:30pm
Central Library - Demo Area/Kitchen

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.

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.

Family Yoga: A space for kids and their adult to practice yoga together.

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 Kayak and Paddleboard (18+): Join us on Lady Bird Lake and paddle through the heart of Downtown Austin. Choose a single or double kayak or paddleboard. Pre-registration required.

Healing Garden Workday: 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.

Voice/Guitar/Songwriting Lessons Intermediate and Advanced (15+): 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.

Gentle Flow Yoga (8+): Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

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

Twin Oaks Library
1800 S 5th St
(512) 974-9980

Windsor Park Branch Library
5833 Westminster Dr
(512) 974-9840

North Village Library
2505 Steck Ave
(512) 974-9960

George Morales Dove Springs Recreation Center
5801 Ainez Dr
(512) 974-3840

Delores Duffie Recreation Center
1182 N Pleasant Valley Rd
(512) 978-2465

Zilker Botanical Garden
2220 Barton Springs Rd
(512) 477-8672

Sunset Valley Community Garden
1160 Lone Oak Trail, Sunset Valley

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

Little Walnut Creek Library
835 W Rundberg Ln
(512) 974-9860

Austin Women's Boxing Club
2919 Menchaca Rd #210,
(512) 905-0109

Virginia L. Brown Recreation Center
7500 Blessing Ave
(512) 974-7865

Community Drum & Dance: A fun and lively workshop that infuses Latin, Afro Latin, indigenous and contemporary rhythms. We will practice group improvisation and end in a drum and dance circle. Suitable for all levels, bodies and abilities!

Guitar Lessons (15+): Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-registration required.

Cooking Demo - Vegetarian (15+): 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! Pre-registration required.

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.

Roots and Wings Festival: Traditional Garden Altars with Marigolds for Day of the Dead: In this heartfelt class we will connect deeply with our ancestors as we join together to create a traditional garden altar, with the golden energy of Marigolds and folklore history of our Mexican Ancestors. For more information, please visit: www.rootsandwingsfest.com.

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.

Healthy Eating (15+): A healthy diet maintains or improves overall health and provides the body with essential nutrition. Learn about healthy portions, eating the rainbow, and simple ways to eat more healthfully! A quick and healthy recipe will be shared and samples served. Pre-registration required.

Cooking Demo - Carb Conscious (15+): Learn how to make a delicious and nutritious meal with clever and creative substitutions to reduce the carbohydrate load, using products found at your local grocery store. Tastings are included! Pre-registration required.

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

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.



Physical Social Environmental Financial



Intellectual Emotional/Mental Occupational Spiritual



Emma S. Barrientos
Mexican American
Cultural Center