

SEPTEMBER 12 - DECEMBER 17, 2022 WELLNESS PROGRAMS

Free classes for El Rio employees and patients

For information or to register, call (520) 309-2084 or email HealthBuilders@elrio.org

Virtual Fitness Classes

2022 virtual exercise classes scheduled through December 17, 2022 via ZOOM

CLASS	DAYS	TIME
Better Balance	Tue-Thu	11:00am-12:00pm
Fitness for EveryBODY	Tue-Thu	10:00am-10:45am
Yoga	Mon-Wed-Fri	8:00am-9:00am
Yoga	Tue-Thu	6:00pm-7:00pm
Yoga	Sat	10:00am-11:00am

In Person Classes - Full COVID vaccinations required, including booster and mask required

Registration required

LOCATION/CLASS	DAYS	TIME
CONGRESS (839 W. Congress St.)		
Better Balance	Mon-Wed	9:00am-9:45am
Chair Yoga	Tue-Thu	9:00am-9:45am
Diabetes Exercise Class	Mon-Wed-Fri	1:30pm-2:30pm
Get Strong	Mon-Wed-Fri	10:00am-10:45am
Qi Gong	Tue-Thu	10:00am-11:00am
Yoga	Tue-Thu	5:15pm-6:15pm
HEALTHON BROADWAY (1 W. Broadway Blvd. #151)		
Chair Yoga	Mon-Wed	10:00am-11:00am
Yoga	Mon-Wed	11:30am-12:30pm
SOUTHEAST (6950 E. Golf Links Rd.)		
Better Backs	Mon-Wed-Fri	10:00am-10:45am
Be Strong	Tue-Thu	10:45am-11:45am
Sit Fit	Tue-Thu	9:30am-10:30am
Yoga	Mon-Wed-Fri	9:00am-9:45am
EL RIO NEIGHBORHOOD CENTER (1390 W. Speedway Blvd.)		
Zumba	Tue-Thu	6:00pm-7:00pm
EL PUEBLO RECREATION CENTER (101 W. Irvington Rd.)		
Diabetes Exercise Class	Mon-Wed-Fri	11:00am-12:00pm
Cardio Mix	Tue-Thu	6:00pm-7:00pm
Sit Fit	Mon-Wed-Fri	9:30am-10:30am
Yoga	Tue-Thu	10:30am-11:30am
Zumba	Mon-Wed	6:00pm-7:00pm

Nutrition Services

Registered Dietitian Appointments: Contact Patient Communications at (520) 670-3909

Tucson Community Food Bank Food Distribution: Southeast Health Center. Contact HealthBuilders@elrio.org Saturdays 8:00am-10:00am: Oct 8, Nov 12, Dec 10

Virtual Education/Workshops/Support Groups

Coffee for the Soul: A support group for both new and expecting mothers. To register: MomWellness@elrio.org Fridays 11:30am-12:30pm

Diabetes Empowerment Workshops: A 6-class series to learn about diabetes while getting support for lifestyle changes to improve health. September 20 – October 25, Tuesdays 2:00pm-3:30pm, Cherrybell Cocopah Conference Room. Contact Ernie Perez at (520) 309-2085 or email at ErnieP@elrio.org to register.

Advanced Care Planning Virtual Workshops: For employees and family members. Contact Ernie Perez at (520) 309-2085 or email at ErnieP@elrio.org to register or for more information 6:00-7:00pm: Sept 14, Oct 19, Nov 15

Digital Schedule



For more information or to obtain registration links, please contact Carolyn Mills at (520) 309-2084, Carolynm@elrio.org



El Rio YouTube Resources:

Exercise Videos, Cooking Demonstrations, Nutrition, Stress Management

[YouTube.com](https://www.youtube.com)>
[El Rio Health](#)>Playlists

Community Garden: Garden plots available for patients, employees and community at the Congress Health Center site Contact Carolyn Mills at Carolynm@elrio.org

Medically-Integrated Programs

Weight Management for Optimal Health: A series of 12 weekly classes designed to help you stop dieting and start nourishing, moving, honoring, and relaxing your body. Medical appointments for those planning to take weight loss medication scheduled separately. Enroll for the January virtual and in-person classes now.

Pre-registration, orientation and medical need required to attend. Contact Erika Oros at (520) 286-6419 or weightmanagementclinic@elrio.org for more information

Good Health, New Vitality: A garden-focused lifestyle program of virtual health education featuring community guest speakers and El Rio health care professionals for a holistic approach to health improvement and wellness. September 22 - November 10, Thursdays 9:00am-12:00pm, Congress Teaching Kitchen. Contact Ernie Perez at (520) 309-2085 or email at ErnieP@elrio.org for more information

12 DE SEPTIEMBRE – 17 DE DICIEMBRE 2022 PROGRAMAS DE BIENESTAR

Clases gratuitas para empleados y pacientes de El Rio Health

Para mas información, llame al (520) 309-2090 o correo electrónico HealthBuilders@elrio.org

Clases Virtuales De Ejercicio

Clases de ejercicios virtuales programadas hasta el 17 de diciembre a través de ZOOM

CLASES	DÍAS	HORARIO
Mejorar el Equilibrio	ma-jue	11:00am-12:00pm
Movimiento para TODOS Tamaños	ma-jue	10:00am-10:45am
Yoga	lu-mie-vie	8:00am-9:00am
Yoga	ma-jue	6:00pm-7:00pm
Yoga	sab	10:00am-11:00am

Para Clase Presenciales - Se requieren vacunas completas contra el COVID, incluido el refuerzo y mascarilla requerida

Se requiere registración

LUGAR/CLASES	DÍAS	HORARIO
CONGRESS (839 W. Congress St.)		
Mejorar el Equilibrio	lu-mie	9:00am-9:45am
Yoga con Silla	ma-jue	9:00am-9:45am
Se Fuerte	lu-mie-vie	10:00am-10:45am
Ejercicios para Diabetes	lu-mie-vie	1:30pm-2:30pm
Qi Gong	ma-jue	10:00am-11:00am
Yoga	ma-jue	5:15pm-6:15pm
HEALTHON BROADWAY (1 W. Broadway Blvd. #151)		
Yoga Sentada	lu-mie	10:00am-11:00am
Yoga	lu-mie	11:30am-12:30pm
SOUTHEAST (6950 E. Golf Links Rd.)		
Mejorar la Espalda	lu-mie-vie	10:00am-10:45am
Se Fuerte	ma-jue	10:45am-11:45am
Sit Fit	ma-jue	9:30am-10:30am
Yoga	lu-mie-vie	9:00am-9:45am
EL RIO NEIGHBORHOOD CENTER (1390 W. Speedway Blvd.)		
Zumba	ma-jue	6:00pm-7:00pm
EL PUEBLO RECREATION CENTER (101 W. Irvington Rd.)		
Ejercicios para Diabetes	lu-mie-vie	11:00am-12:00pm
Cardio Mix	ma-jue	6:00pm-7:00pm
Sit Fit	lu-mie-vie	9:30am-10:30am
Yoga	ma-jue	10:30am-11:30am
Zumba	lu-mie	6:00pm-7:00pm

Horario digital



Para obtener las ligas para registrarse a las clases, comuníquese con Gloria Irigoyen-Montijo al (520) 309-2090, Gloriam@elrio.org.

Recursos en YouTube de El Rio:

Videos De Ejercicios, Demostraciones de Cocina, Videos de Nutrición, Videos para Controlar el Estrés

[YouTube.com](https://www.youtube.com)>
[El Rio Health](https://www.youtube.com/playlist?list=PL1234567890)>Playlists

Servicios de Nutrición

Citas con Dietistas Registrados: Comuníquese con Comunicaciones del paciente al (520) 670-3909

Distribución de Alimentos del Banco de Comida de la Comunidad de Tucson: Southeast Health Center
Comuníquese con Health Builders para más información con HealthBuilders@elrio.org
sábados de 8:00am-10:00am: Oct 8, Nov 12, Dic 10

Educación Virtual / Talleres / Grupos De Apoyo

Café Para El Alma: un grupo de apoyo para madres primerizas y futuras. Para registrarse: MomWellness@elrio.org
Vie: 9:30am-10:30am

Programa de Capacitación para la Diabetes: Una serie de 6 clases para aprender sobre la diabetes mientras recibe apoyo con los cambios en el estilo de vida para mejorar la salud **Contacto:** Ernie Perez, al (520) 309-2085 o correo eletronico ErnieP@elrio.org para más información

Talleres Virtuales de Planificación de Cuidado Avanzada: para empleados y miembros de familia. **Contacto:** Ernie Perez, al (520) 309-2085 o correo eletronico ErnieP@elrio.org para más información

Jardín Comunitario: Parcelas de jardín disponibles para pacientes, empleados y la comunidad en el centro de salud Congress. **Comuníquese con Carolyn Mills at Carolynm@elrio.org**

Programas Médicamente Integrales

Control de Peso Para Una Salud Óptima: Presenciales: Una serie de 12 clases semanales diseñadas para ayudarlo a dejar de hacer dieta y comenzar a nutrir, moverse, honrar y relajar su cuerpo. Citas médicas disponible para aquellos que planean tomar medicamentos para bajar de peso.

Comuníquese con Erika Oros al (520) 286-6419 o weightmanagementclinic@elrio.org para más información

Programa Buena salud, Nueva Vitalidad En el Jardin: Un programa sobre el estilo de vida enfocado en la jardinería. Un enfoque holístico para mejorar la salud y el bienestar, con ponentes invitados de la comunidad y profesionales de la salud de El Rio Health. **Contacto:** Ernie Perez, al (520) 309-2085 o correo eletronico ErnieP@elrio.org para más información