

Free classes for El Rio Employees, Patients and community members.
For information or to register, call (520) 309-2084 or email HealthBuilders@elrio.org

Virtual Fitness Classes

2021 virtual exercise classes scheduled through July 3, 2021 via ZOOM

CLASS	DAYS	TIME	INSTRUCTOR
Barre	Mon-Wed	6:30pm-7:30pm	Deedee
Better Backs	Tue-Thu	12:00pm-12:45pm	Will
Better Backs	Tue-Thu	4:30pm-5:15pm	Greg
Better Balance	Tue-Thu	11:00am-12:00pm	Liliana
Get Strong	Mon-Wed-Fri	10:00am-11:00am	Will
Get Strong	Tue-Thu	9:00am-10:00am	Gloria
Interval Training	Tue-Thu	6:00pm-7:00pm	Deedee
Original Strength	Mon-Wed-Fri	9:15am-10:00am	Marty
Tai Chi for Beginners	Mon-Wed	1:00pm-2:00pm	Noel
Tai Chi for Advanced	Tue-Thur	1:00pm-2:00pm	Noel
Yoga Chair	Mon-Wed-Fri	10:00am-11:00am	Liliana
Yoga	Mon-Wed-Fri	8:00am-9:00am	Marty
Yoga	Mon-Wed-Fri	11:30am-12:30pm	Liliana
Yoga	Tue-Thu	10:00am-11:00am	Greg
Yoga	Tue-Thu	6:00pm-7:00pm	Greg
Yoga	Sat	10:00am-11:00am	Desiree
Zumba	Mon-Wed-Fri	6:00pm-7:00pm	Oralia

Digital Schedule



For more information or to obtain registration links, please contact Carolyn Mills at 309-2084, Carolynm@elrio.org or Gloria Montijo at 309-2090, Gloriam@elrio.org

El Rio YouTube

Resources:

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

Exercise Videos, Cooking Demonstrations, Nutrition, Stress Management

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; April 10, May 8, June 12

Virtual Education/Workshops/Support Groups

Coffee for the Soul: A support group for both new and expecting mothers. To register: MomWellness@elrio.org
 Spanish - Fridays, 9:00am-10:30am
 English - Fridays, 11:30am-1:00pm

Diabetes Empowerment Workshops: A 6-class series to learn about diabetes while getting support for lifestyle changes to improve health. Contact Health Builders.

Advanced Care Planning Virtual Workshops: For Employees and Family Members. Contact Ernie Perez at (520) 309-2085 or email at ErnieP@elrio.org

April 12 12:00pm-1:00pm, May 19 11:30am-12:30pm, June 16 1:00pm-2:00pm.

Community Garden: Garden plots available for patients, employees and community at the Congress Health Center site. Contact Health Builders.

Medically-Integrated Programs

Weight Management for Optimal Health: Virtual
 A series of 8 weekly classes followed by 4 monthly sessions designed to help you stop dieting and start nourishing, moving, honoring, and relaxing your body. Separate medical appointments for those planning to take FDA-approved weight loss medication.

Pre-registration, orientation and medical need required to attend.

Tuesday 10:00am-12:00pm or Wednesday 6:00pm-8:00pm or Saturday 9:00am-11:00pm. Starting the week of April 19th.

Contact Diane Haeger at (520) 256-2874 or DianeH@elrio.org

The NEW 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. Contact Ernie Perez at (520) 309-2085 or email at ErnieP@elrio.org

Family Lifestyle Programs

Family Cooking Class: Cook easy recipes with your family at home lead by a Registered Dietitian. Contact Health Builders.

MEND (Mind, Exercise, Nutrition, DO IT!): Lifestyle education and experiences for families and their 7-12 year old children. Provider visit required. Contact Kyla James at (520) 309-2087 or email at KylaJ@elrio.org

Clases gratuitas para empleados, pacientes de El Rio y miembros de la comunidad Para obtener información o para registrarse, llame al (520) 309-2090 o envíe un correo electrónico a HealthBuilders@elrio.org

Clases Virtuales De Ejercicio

Clases de ejercicios virtuales programadas hasta el 3 de julio de 2021 a través de ZOOM

Clase	Días	Hora	Instructor
Barre	lun-mie	6:30pm-7:30pm	Dedee
Fortaleciendo la Espalda	mar-jue	12:00pm-12:45pm	Will
Fortaleciendo la Espalda	mar-jue	4:30pm-5:15pm	Greg
Entrenamiento de Intervalos	mar-jue	6:30pm-7:30pm	Deedee
Fuerza Original	lun-mie-vie	9:15am-10:00am	Marty
Mejorar el Equilibrio	mar-jue	11:00pm-12:00pm	Liliana
Ponte Fuerte	lun-mie-vie	10:00am-11:00am	Will
Ponte Fuerte	mar-jue	9:00am-10:00am	Gloria
Tai Chi (Principiantes)	lun-mie	1:00pm-2:00pm	Noel
Tai Chi (Avanzado)	lun-mie	1:00pm-2:00pm	Noel
Yoga Sentada	lun-mie-vie	10:00am-11:00am	Liliana
Yoga	lun-mie-vie	8:00am-9:00am	Marty
Yoga	lun-mie-vie	11:30am-12:30pm	Liliana
Yoga	mar-jue	10:00am-11:00am	Greg
Yoga	mar-jue	6:00pm-7:00pm	Greg
Yoga	sab	10:00am-11:00am	Desiree
Zumba	lun-mie-vie	6:00pm-7:00pm	Oralia

Horario digital



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

Recursos en YouTube de El Rio:

**[YouTube.com>El Rio Health>Playlists](https://www.youtube.com/ElRioHealth/Playlists)
Videos De Ejercicios, Demostraciones de Cocina, Videos de Nutrición, Videos para Controlar el Estrés**

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 sábados de 8:00am-10:00am; abril 10, mayo 8, junio 12

Educación Virtual / Talleres / Grupos De Apoyo

Café Para El Alma: un grupo de apoyo para madres primerizas y futuras. Para registrarse: MomWellness@elrio.org
En español - viernes, 9:00am-10:30am
En inglés - viernes, 11:30am-1:00pm

Talleres 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. Comuníquese con Health Builders 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 electrónico ErnieP@elrio.org

12 de abril 12:00pm-1:00pm, 19 de mayo 11:30am-12:30pm, 16 de junio 1:00pm-2:00pm.

Jardín Comunitario: Parcelas de jardín disponibles para pacientes, empleados y la comunidad en el centro de salud Congress. Comuníquese con Health Builders para más información

Programas Médicamente Integrales

Programa Nuevo: Buena salud, Nueva Vitalidad En el Jardín: 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 electrónico ErnieP@elrio.org

Programas Familiares Sobre el Estilo De Vida

Clase de Cocina Familiar: Cocine recetas fáciles en casa con su familia, dirigido por un dietista registrado. Comuníquese con Health Builders para más información

Para mas información, llamé a HealthBuilders al (520) 309-2090 Correo Electronico: Healthbuilders@elrio.org