

Wellness Education Classes

The San Antonio YWCA, in partnership with Allwell from Superior HealthPlan and USDA SNAP-Ed, is offering monthly classes to help individuals reach their health goals. These presentations and live cooking demonstrations will be offered by a Health Professional from the San Antonio Food Bank. We look forward to seeing you there!

eliminating racism
empowering women

ywca



Location: YWCA San Antonio, 503 Castrovilla Road
San Antonio, TX 78237

Time: 11:30 a.m. – 12:30 p.m. (all dates)

Date	Topic
October 17, 2018	MyPlate for Older Adults: Learn how to balance meals with all 5 food groups and know why they are important for a healthy you!
November 14, 2018	Healthy for the Holidays!: Learn tricks and tips on how to stay active and make healthy choices during holiday festivities.
December 19, 2018	Get Active at Any Age– Balance Training for Older Adults: Learn new ways to improve your balance. (Beginner Level)
January 16, 2019	Diabetes 101: Understand how lifestyle choices may lead to Type 2 diabetes and how to prevent or manage it.
February 20, 2019	Reading the Food Label: Understand and learn how to read the food label to make healthy choices.
March 20, 2019	Get Active at Any Age– Seated Cardio to Encourage Movement: Learn easy ways to start moving while sitting down. (Beginner Level)
April 17, 2019	Cooking with Seasonal Produce: Know what is in season and learn how to cook with spring/summer fruits and vegetables.
May 15, 2019	Aging Gracefully– Eating the Colors of the Rainbow: Learn about the “secrets” to turning back the clock on aging.
June 19, 2019	Get Active at Any Age– Improving Flexibility: Learn how to increase movement to improve daily activities. (Beginner Level)
July 17, 2019	Hydrating Your Body: Learn about healthy beverage choices while staying hydrated all year long!
August 21, 2019	Have a Heart, Eat Healthy: Learn about your heart and how to keep it healthy through food and exercise.
September 18, 2019	Get Active at Any Age– Stay Strong Move More: Learn techniques to strengthen your body. (Beginner Level)
October 16, 2019	Mindful Eating: Learn new ways to explore food and enjoy what we eat.

Questions? Contact the YWCA San Antonio at 210-433-9922 (TTY: 711) from 7 a.m. to 6 p.m., Monday through Friday.

SHP_20184698

Y0020_19_9485FLY_C_10022018