

Virtual health education class schedule



Join us for a class and we will send you a surprise giveaway! All classes are at no cost to you online via Zoom and held between 4 p.m. to 5 p.m. on the days below.

March

Heart health: Take steps to protect your heart by making heart-healthy choices.

| Date | Language |
|--------------------|----------|
| Tuesday 3/8/2022 | English |
| Thursday 3/10/2022 | Spanish |

Cooking class: Learn a new recipe and tips for healthy eating daily.

| Date | Language |
|--------------------|----------|
| Tuesday 3/22/2022 | English |
| Thursday 3/24/2022 | Spanish |

Chair yoga: A gentle form of yoga that is practiced while sitting on a chair or using the chair as support.

| Date | Language |
|--------------------|----------|
| Tuesday 3/15/2022 | English |
| Thursday 3/17/2022 | Spanish |

May

Prenatal yoga: How to do prenatal yoga and benefits for pregnant women and their babies.

| Date | Language |
|-------------------|----------|
| Tuesday 5/3/2022 | English |
| Thursday 5/5/2022 | Spanish |

LGBTQ: Your health and the importance of seeing your doctor.

| Date | Language |
|--------------------|----------|
| Tuesday 5/17/2022 | English |
| Thursday 5/19/2022 | Spanish |

Women's health: Join us for an overview of preventive health topics.

| Date | Language |
|--------------------|----------|
| Tuesday 5/10/2022 | English |
| Thursday 5/12/2022 | Spanish |

continued

July

Child health: Tips on how you can keep your children healthy.

| Date | Language |
|--------------------|----------|
| Tuesday 7/12/2022 | English |
| Thursday 7/14/2022 | Spanish |

Stress management: Tips to overcome everyday stress.

| Date | Language |
|--------------------|----------|
| Tuesday 7/26/2022 | English |
| Thursday 7/28/2022 | Spanish |

Nutrition: Steps you can take each day to improve the way you eat.

| Date | Language |
|--------------------|----------|
| Tuesday 7/19/2022 | English |
| Thursday 7/21/2022 | Spanish |

October

Keeping healthy during Winter (cold, flu, Covid-19): Preventing/managing sickness and when to call the doctor.

| Date | Language |
|--------------------|----------|
| Tuesday 10/4/2022 | English |
| Thursday 10/6/2022 | Spanish |

Diabetes: How you can manage your diabetes and how to prevent future health risks.

| Date | Language |
|---------------------|----------|
| Tuesday 10/18/2022 | English |
| Thursday 10/20/2022 | Spanish |

Meditation: Help to clear your mind and focus on the present moment.

| Date | Language |
|---------------------|----------|
| Tuesday 10/11/2022 | English |
| Thursday 10/13/2022 | Spanish |

To enroll in a class



For questions, please call **1-866-782-2037**, or email uhchealthed@uhc.com.

Visit championsforhealth.org/virtual-health-education-classes