


FITNESS ACTIVITIES		All BSW HWC Fitness Classes are <i>FREE</i>					
	SUN	MON	TUE	WED	THU	FRI	SAT
9:00 am - 10:00 am		Rise Shine Move (G)		Rise Shine Move (G)			
9:15 am - 10:00 am			Yoga (MB)		Yoga (MB)		
10:00 am - 11:00 am		SAIL* (G) <i>*Stay Active and Independent for Life</i>	Line Dancing (MB)	SAIL (G) Walk With A Doc (G) (3rd Wednesday only)	SAIL (G)		
11:00 am - 12:00 pm		ZUMBA®	Walk with Ease (G)	ZUMBA®	Walk with Ease (G)		
12:00 pm - 1:00 pm							
5:30 pm - 6:30 pm		Line Dancing (MB)	Turbo Kick (MB)	ZUMBA®	Shape Up (MB)		

BSW HEALTH & WELLNESS CENTER			JUANITA J. CRAFT CENTER		
Mar. 19 - May 21 Tuesday	6:00 pm - 8:00 pm on-line, weekly	Community Health Worker Certification	Monday - Friday	3:30 pm - 5:30 pm	Afterschool Program (G/GR) Ages 5 - 12
Mar. 21 - May 30 Thursday	10:00 am - 12:00 pm on-line, weekly	Community Health Worker Certification	Monday & Wednesday	5:30 pm - 7:30 pm	Basketball Camp (G)
Mar. 27 - May 29 Wednesday	10:00 am - 12:00 pm on-line, weekly	Community Health Worker Certification	Tuesday & Thursday	5:30 pm - 7:45 pm	Volleyball Camp (G) Ages 5 - 12
			Friday (1st Friday only) April 5	7:00 pm - 10:00 pm	Teen Late Night (G/GR/MAB)
			Saturday April 27	9:00 am - 2:00 pm	Minority Mental Health Fair (G)

ALL sessions are online via the assigned platform Webex, MS Teams or Zoom.
CHW registration link & QR code:
<https://forms.office.com/r/z6R7KYTan5>



Health and Wellness Assessments (Membership Biometrics)	COMMUNITY FARM STANDS			
<p>Free A1C, cholesterol, blood pressure, height and weight measured for members!</p> <p>Participants receive a \$10 (Health Assessment/ Biometrics) farm stand voucher.</p> <p>Call 214.865.3060 or register here: https://bit.ly/3beZFF4</p>	Juanita J. Craft Recreation Center 4500 Spring Ave. Dallas, TX 75210	Wednesday	10:00 am - 1:00 pm	Walk-in
		Friday	11:00 am - 3:00 pm	Walk-in
	Anita Martinez Recreation Center 3212 N. Winnetka Ave. Dallas, TX 75212	Wednesday	10:00 am - 3:00 pm	Walk-in
	Hiawatha Williams Recreation Center 2976 Cummings St. Dallas, TX 75216	Thursday	10:00 am - 3:00 pm	Walk-in

HOURS OF OPERATION			CLASS LOCATION	
HEALTH AND WELLNESS CENTER	CLINIC (FAMILY HEALTH CENTER)	JUANITA J. CRAFT RECREATION CENTER	BR = Boardroom	GR = Game Room
(Open for in-person classes and consultations)	APPOINTMENTS / VISITS 214-817-6240	Monday - Thursday 9:00 am - 8:00 pm	CA = Classroom A	L = Lobby
Monday - Friday 8:00 am - 5:00 pm	Mon./Wed./Thurs./Fri. 8:00 am - 5:00 pm	Friday 9:00 am - 7:00 pm	CB = Classroom B	O = Outside
	Tuesday 8:00 am - 8:00 pm	Saturday 9:00 am - 2:00 pm	FC = Fitness Center	TC = Tennis Court
			G = Gym	WT = Walking Trail
			MA = Multi-purpose A	
			MB = Multi-purpose B (Aerobics)	
			MAB = Multi-purpose A & B (Teaching Kitchen)	

WEEKLY CLASS SCHEDULE

2024
APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	10 - 11:00 AM, Spanish Group Lifestyle Balance™	11:00 AM - 12:00 PM, Spanish Community Bible Study	11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand Cooking Demo (MAB)	
7	8	9	10	11	12	13
	10 - 11:00 AM, Spanish Group Lifestyle Balance™ 12:00 - 1:00 PM Group Lifestyle Balance™ HELP Support Group* <i>In-person and Conference Call</i> <i>*Completion of GLB program is a prerequisite.</i>	11:00 AM - 12:00 PM, Spanish Community Bible Study	11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand Cooking Demo (MAB)	
14	15	16	17	18	19	20
	10 - 11:00 AM, Spanish Group Lifestyle Balance™	11:00 AM - 12:00 PM, Spanish Community Bible Study	10 - 11:00 AM Walk-with-a-Doc (MAB) 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand Cooking Demo (MAB)	
21	22	23	24	25	26	27
	10 - 11:00 AM, Spanish Group Lifestyle Balance™	11:00 AM - 12:00 PM, Spanish Community Bible Study	11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand Cooking Demo (MAB)	
28	29	30				
	10 - 11:00 AM, Spanish Group Lifestyle Balance™	11:00 AM - 12:00 PM, Spanish Community Bible Study				

HEALTHY CITIES

BSW HWC's Healthy Cities Program Schedule

2024
APRIL

Location	Class	Time	Day	Dates
Anita Martinez Recreation Center 3212 N Winnetka Ave. Dallas, TX 75212	Balanced Living , Spanish	10:30 AM - 11:30 AM	Wednesday	Apr. 3, 10, 17, 24
	SAIL (<i>Stay Active and Independent for Life</i>), Dual	11:30 AM - 12:30 PM	Thursday	Apr. 11, 18
Beckley-Saner Recreation Center 114 W Hobson Ave.	Happy Kitchen	10:30 AM - 11:30 AM	Monday	Apr. 1, 8, 15, 22, 29
	Happy Kitchen , Spanish	10:30 AM - 11:30 AM	Thursday	Apr. 4, 11, 18
Bonton Farms 6911 Bexar St. Dallas, TX 75215	A Taste of Latin Heritage , Dual	5:30 PM - 6:30 PM	Tuesday	Apr. 2, 9, 16, 23, 30
Eloise Lundy Recreation Center 1229 Rev. CBT Smith St. Dallas, TX 75203	Cooking with High Blood Pressure , Spanish	12:00 PM - 1:00 PM	Monday	Apr. 8, 15, 22, 29
	Cooking with High Blood Pressure	10:00 AM - 11:00 AM	Tuesday	Apr. 9, 16, 23, 30
	A Taste of Latin American Heritage , Spanish	6:00 PM - 7:00 PM	Wednesday	Apr. 10, 17, 24
Grauwlyer Recreation Center 7780 Harry Hines Blvd. Dallas, TX 75235				
Hiawatha Williams Recreation Center 2976 Cummings St. Dallas, TX 75216	Cooking with Diabetes	10:30 AM - 11:30 AM	Monday	Apr. 1, 8, 15, 22, 29
Jaycee Zaragoza Recreation Center 3114 Clymer St. Dallas, TX 75212	SAIL , Dual	9:30 AM - 10:30 AM	Tuesday	Apr. 2, 9, 16, 23, 30
	Cooking with High Blood Pressure , Spanish	6:00 PM - 7:00 PM	Wednesday	Apr. 3, 10, 17, 24
Jubilee Park Community Clinic 820 Ann Ave.	Happy Kitchen , Spanish	11:00 AM - 12:00 PM	Thursday	Apr. 4, 11, 18
Oak Garden Church 4008 S Polk St.	SAIL	11:00 AM - 12:00 PM	Tuesday	Apr. 2, 9, 16, 23
	Happy Kitchen	10:00 AM - 11:00 AM	Wednesday	Apr. 3, 10, 17, 24
Samuel Grand Recreation Center 6200 E Grand Ave.	Happy Kitchen	11:00 AM - 12:00 PM	Tuesday	Apr. 2, 9, 16, 23, 30
	Happy Kitchen , Spanish	11:00 AM - 12:00 PM	Wednesday	Apr. 3, 10, 17, 24
Thurgood Marshall Recreation Center 5150 Mark Trail Way Dallas, TX 75232	Happy Kitchen	10:30 AM - 11:30 AM	Thursday	Apr. 4, 11, 18

OUTREACH - COMMUNITY HEALTH FAIRS

Baylor Scott & White Health and Wellness Center is planning to attend the following community events.

2024
APRIL

DATE	DAY	TIME	EVENT	LOCATION
4/3/2024	Wednesday	10:00 am - 12:00 pm	National Walking Day Community Event	Juanita J. Craft Recreation Center 4500 Spring Ave Dallas, TX 75210
4/6/2024	Saturday	10:00 am - 2:00 pm	Bring Your Whole Body (BYWB) Wellness Event	Exline Recreation Center 2525 Pine St Dallas, TX 75215
4/13/2024	Saturday	10:00 am - 1:00 pm	Health Wellness Fair	Light Church 2606 John West Rd Mesquite, TX 75150
4/13/2024	Saturday	10:00 am - 1:00 pm	Frazier Community 3rd Annual Living My Best Healthy Life Health Fair	True Lee Baptist Church (outside) 3822 Robert L. Parish Sr. Ave Dallas, TX 75210
4/27/2024	Saturday	10:00 am - 1:00 pm	Minority Mental Health Fair	Juanita J. Craft Recreation Center (Gym) 4500 Spring Ave Dallas, TX 75210

Walk with us on National Walking Day!



Get out, stretch your legs and get your heart pumping on National Walking Day. The American Heart Association recognizes this day to remind people of the health benefits of taking a walk.

Activities

- Group trail walk
- Refuel stations
- DJ and music
- Fun games
- Interactive fitness activities
- WWAD (Walk with a Doc)

The group walk will be on the walking trail outside and if rain is expected the group walk will take place in the gym.

Please join us

DATE:

Wednesday, April 3, 2024

TIME:

10:00 AM - 12:00 PM

LOCATION:

Baylor Scott & White
Health and Wellness Center
4500 Spring Avenue
Dallas, TX 75210

QUESTIONS:

Bria Washington

214.865.3034

Bria.Washington@BSWHealth.org