



These complimentary programs are available on Zoom in Eastern Standard Time (EST). Download the Zoom app at Zoom.us. Use the password: zoom (lowercase letters) to join Virtual Community Health Classes. Classes are subject to change without notice.

MARCH 2023

# VIRTUAL COMMUNITY Health Classes

## FEATURED PROGRAMS

**Mondays in March at 10:30 a.m.**

**Diabetes: Meal Planning Series**

Do people with diabetes need to eat “diabetic food?” The answer is “No!” Join our registered dietitian as she reviews the basics of planning a meal for optimal blood sugar control.

- In English | March 13 at 10:30 a.m.  
ID: 981 3503 4655

- In Spanish | March 27 at 10:30 a.m.  
ID: 955 4307 7518

**Mondays and Wednesdays in March at 11:30 a.m.**

**Catching Your Breath: Breathing Techniques for Managing Emotions Series**

Featuring Beth Ruhmann, CTRS  
Learn new breathing techniques to manage your emotions more effectively.

- Mondays | ID: 988 8248 5294
- Wednesdays | ID: 921 8842 8830

**Tuesdays in March at 10 a.m.**

**March Nutrition Series: Food Is Fuel**

Featuring Carla Dueñas, RD

Food is fuel. Join our registered dietitian as she reviews the basics behind fueling our bodies on the go (March 7); fueling your gut (March 14); and fueling for sports and exercise (March 28).

ID: 913 6594 9052

**Tuesdays in March at 11 a.m. and 3 p.m.**

**Mental Health Chats:**

**Braving Your Well-Being Series**

Featuring Janelle Falcon, MHC

It can feel like a tricky balancing act trying to manage your day-to-day life. Join our expert, as she explores strategies for ways to manage your overall well-being through reducing stress, sleep and strengthening social relationships.

- 11 a.m. | ID: 912 1879 0312
- 3 p.m. Replay | ID: 917 1374 4469

**Wednesdays in March at 10:30 a.m.**

**In the Kitchen Nutrition Series**

Featuring Lucette Talamas, RD

Join our dietitian “in the kitchen” as we review the essentials for getting set up and preparing simple nutritious foods to fuel a healthier lifestyle.

ID: 997 2494 2278

**Thursdays in March at 11 a.m.**

**Caring for Burned-Out Caregivers Series**

Featuring Manuela Rodriguez, MFT

Discover ways to identify burnout in caregivers. Burnout can display itself in how we think, speak and interact with one another. No class on March 23.

ID: 914 1556 7681.

## LIFESTYLE EDUCATION PROGRAMS

**Friday, March 3**

- 11 a.m. | **Feel Good Friday: Senior Safety, Senior Fraud and Scam Protection**  
In person | Wellington Community Center, 12150 Forest Hill Blvd. | Registration 561-753-2484

**Monday, March 6**

- 2 p.m. | ID: 865 1431 0766  
Eliminating the Stigma of Mental Health

**Wednesday, March 8**

- Noon | ID: 970 8229 8025  
Women’s Health: Cancer Awareness and Screenings

**Tuesday, March 14**

- 10:30 a.m. | ID: 914 7215 9589  
Mommy Matters: Protecting Your Heart After Pregnancy

**Wednesday, March 15**

- Noon | ID: 936 8761 9734  
Reducing the Risk of Colorectal Cancer

**Thursday, March 16**

- 6 p.m. | ID: 940 7803 1377  
National Nutrition Month: In the Chef’s Kitchen Cooking Demo

**Friday, March 17**

- 11:30 a.m. | ID: 979 8835 1660  
Peace, Love and Joy Series: Spirituality, Unity and Diversity

**Monday, March 27**

- Noon | ID: 926 1343 3831  
In the Garden Series:  
How to Start a Garden

**Tuesday, March 28**

- Noon | ID: 919 7696 2278  
The Anti-Inflammatory Diet

**Wednesday, March 29**

- 11:30 a.m. | ID: 924 2219 9847  
Vote With Your Fork

**Thursday, March 30**

- Noon | ID: 926 1343 3831  
In the Garden Series: Composting 101

**Friday, March 31**

- Noon | ID: 923 9606 3465  
What you Need to Know About HPV and Cancer

## WEEKLY EXERCISE CLASSES

**Mondays**

- 8:30 a.m. | ID: 988 8132 0645  
Cardio Strength
- 10:30 a.m. | ID: 981 8682 8664  
Zumba®
- 10:30 a.m. | **Seniors Stretch and Relax**  
In Person: Perrine Community House  
900 East Perrine Ave., Palmetto Bay  
Walk-ins welcome
- Noon | ID: 960 4346 6583  
Tai Chi
- 6 p.m. | ID: 924 4405 1904  
Zumba®
- 6 p.m. | **Cooper City Walking Club**  
In Person: 6201 South Flamingo Rd.  
Walk-ins welcome
- 7 p.m. | ID: 956 9338 9603  
Stretch and Relax

**Tuesdays**

- 7:30 a.m. | ID: 953 0316 0434  
Barre
- 8:30 a.m. | ID: 933 3011 2209  
Core and Stretch
- 9:30 a.m. | ID: 984 9000 7136  
Functional Fitness Fusion
- 9:30 a.m. | ID: 941 9714 0363  
Tai Chi
- 10 a.m. | **Chair Yoga**  
In Person: Boynton Beach Senior Center  
1021 South Federal Hwy., Boynton Beach  
Walk-ins welcome
- Noon | ID: 943 2894 8530  
Tai Chi
- 12:30 p.m. | ID: 960 4090 4126  
Dance for Joy!  
In-person Option: Miami Cancer Institute  
8900 North Kendall Dr.  
Walk-ins welcome
- 1 p.m. | ID: 839 9768 7569  
Boca Ballet Theatre Virtual Movement  
In-person Option: 7630 NW 6 Ave., Boca Raton  
Walk-ins welcome

- 4 p.m. | ID: 987 4869 0839  
Gentle Yoga  
In-person Option: Miami Cancer Institute  
8900 North Kendall Dr.  
Walk-ins welcome
- 4:30 p.m. | **Aerobics, Strength and Stretch**  
In Person: City of Sunrise Senior Center,  
10650 West Oakland Park Blvd.  
Registration 954-746-3670
- 5 p.m. | **Line Dancing Workout**  
In Person: Wellington Community Center  
12150 Forest Hill Blvd.,  
Registration 561-753-2484
- 6:30 p.m. | **Zumba® on the Plaza**  
In Person: City of Miramar Town Center Plaza  
2200 Civic Center Place  
Walk-ins welcome
- 6:30 p.m. | **Zumba® With Lincoln Road**  
In Person: Lincoln Road, 1100 Block Stage,  
Miami Beach  
Walk-ins welcome
- 6:30 p.m. | ID: 939 3286 5153  
Zumba®

**Wednesdays**

- 8 a.m. | ID: 973 8926 9487  
Barre
- 9:30 a.m. | ID: 916 9606 5406  
Meditation and Stretch
- 10 a.m. | ID: 817 650 3190  
Zumba®  
In-person Option: Westchester Library  
Health and Wellness Center,  
9445 Coral Way, Miami  
Walk-ins welcome
- 10 a.m. | ID: 926 4646 3439  
Gentle Stretch and Relaxation
- 10:30 a.m. | **Core and Stretch**  
In Person: Ludovici Park,  
17641 Old Cutler Road, Palmetto Bay  
Walk-ins welcome
- 11 a.m. | ID: 920 4619 2345  
Chair Pilates  
In-person Option: Miami Cancer Institute  
8900 North Kendall Dr.  
Walk-ins welcome
- Noon | ID: 940 6225 8336  
Tai Chi
- 5:15 p.m. | **Aqua Zumba®**  
In Person: City of Sunrise Civic Center,  
10610 West Oakland Park Blvd.  
Walk-ins welcome
- 6 p.m. | **Vinyasa Yoga**  
In Person: Kendall Branch Library,  
9101 SW 97 Ave., Miami  
Walk-ins welcome
- 7 p.m. | ID: 990 9910 8123  
Stretch and Relax

**Thursdays**

- 8 a.m. | ID: 960 8892 1172  
Barre + Balance
- 8:30 a.m. | ID: 924 6860 6353  
Start Your Day in a Mindful  
Way With Exercise
- 10 a.m. | ID: 939 3352 4546  
Dance and Strength
- Thursday, March 2 and March 16  
• 10:30 a.m. | **Chair Yoga**  
In Person: Pompey Park  
1101 NW Second St., Delray Beach  
Walk-ins welcome
- 11 a.m. | ID: 817 650 3190  
Cardio Pump  
In-person Option: Westchester Library  
Health and Wellness Center,  
9445 Coral Way, Miami  
Walk-ins welcome
- 11 a.m. | ID: 963 2703 0770  
Resistance Bands + Core
- 1 p.m. | ID: 839 9768 7569  
Boca Ballet Theatre Virtual Movement  
In-person Option: 7630 NW 6 Ave., Boca Raton  
Walk-ins welcome
- 6 p.m. | ID: 882 4985 8449  
The Underline Yoga
- 7 p.m. | ID: 932 2501 3979  
Pilates



**Fridays**

- 8:30 a.m. | ID: 917 6053 7590  
Cardio Strength
- 9 a.m. | ID: 984 4458 6182  
Restorative Yoga  
In-person Option: Miami Cancer Institute  
8900 North Kendall Dr.  
Walk-ins welcome
- 10:30 a.m. | ID: 817 650 3190  
Cardio Dance  
In-person Option: Westchester Library  
Health and Wellness Center,  
9445 Coral Way, Miami  
Walk-ins welcome
- 11 a.m. | ID: 986 5403 4920  
Pilates
- 11 a.m. | **Chair Total Fitness**  
In Person: City of Pembroke Pines,  
Southwest Focal Point Community Center,  
301 NW 103 Ave., Gym 2  
Walk-ins welcome
- Noon | ID: 817 650 3190  
Tai Chi  
In-person Option: Westchester Library  
Health and Wellness Center,  
9445 Coral Way, Miami  
Walk-ins welcome
- 12:15 p.m. | **Senior Total Fitness**  
In Person: City of Pembroke Pines,  
Southwest Focal Point Community Center,  
301 NW 103 Ave., Gym 2  
Registration 954-450-6888

**Saturdays**

- 8 a.m. | ID: 992 3092 3746  
Barre
- 9 a.m. | **The Underline Yoga**  
In Person: Brickell Backyard Sound Stage,  
SW First Ave. and SW Eighth St., Miami  
Registration EventBrite.com

**Sundays**

- 8:30 a.m. | **Vinyasa Yoga**  
In Person: Pinecrest Gardens  
11000 SW 57 Ave., Pinecrest  
Walk-ins welcome

For more information, visit [BaptistHealth.net/CommunityHealth](https://BaptistHealth.net/CommunityHealth)

