



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.

APRIL 2023

VIRTUAL COMMUNITY Health Classes



FEATURED PROGRAMS

Wednesday, April 5 at Noon
Self-Care is Self-Love
Featuring Manuela Rodriguez, MFT
 April 5 is Self-Care Day. Self-care is essential for caring for yourself mentally, physically and emotionally. Join Manuela Rodriguez, behavioral health specialist with Baptist Health, in a discussion about self-care and tips on maintaining a healthy relationship with yourself.
 ID: 938 2232 4942

Thursday, April 6 at 11:00 a.m.
Healthy Living for the Brain and Body: A Discussion on Dementia and Lifestyle Tips
Featuring Dwanne Clayton, MSW, LCSW, CDP
 See how different lifestyle changes can aid in the prevention of dementia and other cognitive disorders. Learn the difference and get some healthy lifestyle tips to have a healthy brain and body.
 ID: 967 7699 4796

Monday, April 10 at 2 p.m.
Orthopedic Care
Featuring Matthew Motisi, D.O.
 Orthopedic care includes your shoulder, hip and knee joints. Join us as we discuss common conditions in these joints, when to see a doctor, when surgery is necessary and what the treatment options are.
 ID: 865 1431 0766

Tuesday, April 11 at 10:30 a.m.
Mommy Matters: Pre-K Readiness Skills
Featuring Mayra Barrero, OT
 Join our Baptist Health occupational therapist in a discussion to help get your preschoolers ready to succeed.
 ID: 914 7215 9589

Wednesday, April 12 at 11 a.m.
Breast Cancer 101: Treatment and Prevention
Featuring Hilary Shapiro Wright, D.O.
 Join oncologic breast surgeon Hilary Shapiro Wright, D.O., to discuss breast cancer treatment, prevention and the importance of paying attention to your breasts all year long and not just during awareness months.
 In-person | Wellington Branch Library
 1951 Royal Fern Dr. | Walk-ins welcome

Wednesday, April 12 at Noon
The Importance of Head and Neck Self-Checks
Featuring Geoffrey D. Young, M.D.
 In observance of Head and Neck Cancer Awareness month in April, join the Chief of Head & Neck Cancer Surgery at Miami Cancer Institute to learn about the importance of detecting and acknowledging any changes on your head and neck that may need closer examination by a doctor.
 ID: 979 2975 3918

Thursday, April 13 at Noon
Lifestyle Medicine: Mental Health
Featuring Martha Kato, M.D.
 A cancer diagnosis can affect emotional and mental health. In partnership with Gilda's Club of South Florida, join Miami Cancer Institute's clinical psychiatrist to learn about the various therapy options to cope with emotional and mental health challenges.
 ID: 967 4254 0235

Tuesday, April 18 at 2 p.m.
Orthopedic Care
Featuring Matthew Motisi, D.O.
 Orthopedic care includes your shoulder, hip and knee joints. Join us as we discuss common conditions in these joints, when to see a doctor, when surgery is necessary and what the treatment options are.
 In Person: West Boynton Branch Library,
 9451 South Jog Rd., Boynton Beach
 Walk-ins welcome

Tuesday, April 25 at Noon
National DNA Day: The Link Between DNA & Cancer Predisposition
Featuring Arellis E. Martir-Negron, M.D.
 Join Miami Cancer Institute's medical geneticist Arellis E. Martir-Negron, M.D., on National DNA Day as she discusses the relationship between DNA and cancer predisposition.
 ID: 988 8144 1557

Tuesday, April 25 at 12:30 p.m.
What Women Want to Know: Infertility
Featuring Ingrid Paredes, M.D.
 During National Infertility Week, please join our Baptist Health OBGYN for a discussion on infertility, including signs, symptoms and treatments.
 ID: 932 2958 0471

Thursday, April 27 at 2 p.m.
Nutrition: Fuel for Your Bones
Featuring Berenice De La Moto, MS, RDN, LDN
 Join Miami Cancer Institute's clinical nutrition specialist as she discusses some of the best food options for bone health, including various sources of calcium.
 ID: 913 7145 7602

LIFESTYLE EDUCATION CLASSES: SERIES

Mondays in April at 10:30 a.m.
Diabetes: Myths of Diabetes Series
 Is it ok to eat fruit? How about sugar? Join our registered dietitian as she reviews common nutrition myths when it comes to managing diabetes. Se puede comer frutas? Azucar? Acompáñenos en esta clase con nuestra nutricionista para aprender mitos populares sobre el manejo de la diabetes.

• In English | April 17 at 10:30 a.m.
 ID: 981 3503 4655

• In Spanish | April 24 at 10:30 a.m.
 ID: 955 4307 7518

Mondays in April at 11 a.m., starting April 10
Mindful Mondays: The Mind & Body Connection Series
 Welcome to Mindful Mondays! Our mental health expert will guide you through a meditation or activity to keep your mind and body healthy. This may be paired with movement, so please dress comfortably, and bring a bottle of water.
 In Person: Wellington Community Center, 12150 Forest Hill Blvd. | Registration: 561-753-2484

Mondays and Wednesdays in April 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 April at 10 a.m. Starting April 11
April Nutrition Series
Featuring Carla Dueñas, RD

• April 11
 The Gluten-free diet

• April 18
 Gut health and your biome

• April 25
 The FODMAP diet
 10 a.m. | ID: 913 6594 9052
 Password: zoom

Tuesdays in April at 11 a.m. and 3 p.m.
Mental Health Chats: Braving Stress Series
Featuring Janelle Falcon, MHC
 April is Stress Awareness Month. Whether you're a professional, student, caregiver or all of the above, stress is an inevitable part of life that not only affects your physical health, but your mental health as well. Join Janelle Falcon as we discuss what stress is, the impacts of stress and ways to manage it.

• 11 a.m. | ID: 912 1879 0312

• Replay at 3 p.m. | ID: 917 1374 4469

Wednesdays at 10:30 a.m.
Supermarket Smarts Series
Featuring Lucette Talamas, RD
 Learn how to navigate the supermarket so that you can be an informed shopper on your next grocery store visit. Join our registered dietitian every Wednesday in April to walk through special considerations when making selections for each food group.
 ID: 997 2494 2278

Thursdays at 11 a.m.
Autism Awareness Month: THE INS AND OUTS
Featuring Manuela Rodriguez, MFT
 During Autism Awareness Month, we will discuss autism, share resources and discover the importance of a village. Autism Spectrum Disorder includes a range of abilities. Join to learn more for yourself or a loved one.
 ID: 914 1556 7681

Friday, April 21 at 11:30 a.m.
Peace, Love and Joy Series: Wind of the Spirit
Featuring Reverend Kathryn Carroll
 Join us for a time of refreshment and renewal as we share the spiritual practice and mutual affirmation of group prayer. Together we will affirm our gratitude as well as our concerns as we seek God's presence in day-to-day living. Experience a brief chaplain-led reflection, dialogue and group prayer.
 ID: 979 8835 1660

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 | Palmetto Bay Park,
 17535 SW 95 Ave.

• Noon | ID: 960 4346 6583
 Tai Chi

• 6 p.m. | ID: 993 4219 0647
 Zumba®

• 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.
 Walk-ins welcome

• Noon | ID: 943 2894 8530
 Tai Chi

• 12:30 p.m. | ID: 960 4090 4126
 Dance for Joy!
 In-person option available for Miami Cancer
 Institute patients and caregivers only | Miami
 Cancer Institute, 8900 North Kendall Dr.

• 1 p.m. | ID: 839 9768 7569
 Boca Ballet Theatre Virtual Movement
 In-person Option: | 7630 NW Sixth Ave.,
 Boca Raton | Walk-ins welcome

• 4 p.m. | ID: 987 4869 0839
 Gentle Yoga
 In-person option available for Miami Cancer
 Institute patients and caregivers only | Miami
 Cancer Institute, 8900 North Kendall Dr.

• 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. | 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 Rd.,
 Palmetto Bay | Walk-ins welcome

• 11 a.m. | ID: 920 4619 2345
 Chair Pilates
 In-person option available for Miami Cancer
 Institute patients and caregivers only | Miami
 Cancer Institute, 8900 North Kendall Dr.

• 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

• 9:30 a.m. | REVIVE exercise
 In Person | City of Sunrise Senior Center,
 10650 West Oakland Park Blvd.
 Registration: 954-746-3670

• 10 a.m. | ID: 939 3352 4546
 Dance and Strength

• 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. | Chair Yoga
 In Person | City of Sunrise Senior Center,
 10650 West Oakland Park Blvd.
 Registration: 954-746-3670

• 1 p.m. | ID: 839 9768 7569
 Boca Ballet Theatre Virtual Movement
 In-person Option | 7630 NW Sixth Ave.,
 Boca Raton | Walk-ins welcome

• 2 p.m. | Floor Yoga
 In Person | City of Sunrise Senior Center,
 10650 West Oakland Park Blvd.
 Registration: 954-746-3670

• 5:30 p.m. | Boot Camp
 In person for adults 18 years and older
 Sunrise Civic Center, 10610 West Oakland Park
 Blvd., Basketball Gym A

• 6 p.m. | ID: 882 4985 8449
 The Underline Yoga

• 7 p.m. | ID: 932 2501 3979
 Pilates

Fridays - No classes April 7

• 8:30 a.m. | ID: 917 6053 7590
 Cardio Strength

• 9 a.m. | ID: 984 4458 6182
 Restorative Yoga
 In-person option available for Miami Cancer
 Institute patients and caregivers only | Miami
 Cancer Institute, 8900 North Kendall Dr.

• 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. | 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. | Registration 954-450-6888

Saturdays - No classes April 8

• 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 - No classes April 2 and 9

• 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

