



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		
<p>July 25 - Oct. 3 Thursday</p> <p>7:00 pm - 9:00 pm on-line, weekly</p> <p>Community Health Worker Certification</p> <p>Sessions are online via the assigned platform Webex, MS Teams or Zoom.</p> <p>CHW registration link: https://forms.office.com/r/J4QTBJWu6s</p>	 <p>Register now</p>	<p>Monday - Friday</p> <p>3:00 pm - 6:00 pm</p> <p>After School Program (G/MAB)</p>	 <p>NATIONAL HISPANIC HERITAGE MONTH SEPTEMBER 15-OCTOBER 15</p>		

Health and Wellness Assessments (Membership Biometrics)	COMMUNITY FARM STANDS
<p><i>Free A1C, cholesterol, blood pressure, height and weight measured for members</i></p> <p>Participants receive a \$10 (Health Assessment/Biometrics farm stand voucher. Call 214.865.3060 or register here: https://bit.ly/3beZFF4</p>	<p>Juanita J. Craft Recreation Center 4500 Spring Ave. Dallas, TX 75210</p> <p>Wednesday 10:00 am - 1:00 pm Walk-in</p> <p>Friday 10:00 am - 2:00 pm Walk-in</p> <p>Healthy Cities locations: see page 3</p>

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

WEEKLY CLASS SCHEDULE

2024
SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 7:00 PM, English Group Lifestyle Balance™ (thru Dec. 3)	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 Food samples (MAB)	
8	9	10	11	12	13	14
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 7:00 PM, English Group Lifestyle Balance™ (thru Dec. 3)	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 Food samples (MAB)	
15	16	17	18	19	20	21
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 7:00 PM, English Group Lifestyle Balance™ (thru Dec. 3)	10:00 - 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 Food samples (MAB)	
22	23	24	25	26	27	28
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 7:00 PM, English Group Lifestyle Balance™ (thru Dec. 3)	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 Food samples (MAB)	
29	30					

OUTREACH - COMMUNITY HEALTH FAIRS

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

2024

SEPTEMBER

DATE	DAY	TIME	EVENT	LOCATION
9/7/2024	Saturday	10:00 am - 2:00 pm	Community Health Fair and Grand Opening	Saintsville Church of God 2200 South Marsalis Avenue Dallas, TX 75216
9/7/2024	Saturday	10:00 am - 1:00 pm	Back to School Event 75 - 100 ppl	Dallas Public Library - Skyline Branch 6006 Everglade Road Dallas, TX 75227
9/14/2024	Saturday	10:00 am - 1:00 pm	COTM Community Health Fair	Collegiate Academy / High School Cedar Hill ISD 1515 West Beltline Road Cedar Hill, TX 75104
9/21/2024	Saturday	9:00 am - 11:00 am	Health Fair	St. Mark Missionary Baptist Church 4536 Philip Avenue Dallas, TX 75215

Hispanic Heritage Month

Cultural awareness membership event

Wednesday, September 18th

12:00 - 2:00 PM

Baylor Scott & White Health and Wellness Center
at Juanita J. Craft Recreation Center

4500 Spring Avenue

Dallas, TX 75210



CHEF COOKOFF

SPONSORED BY: **aramark**
HEALTHCARE+

Benefiting Baylor Scott & White Health and Wellness Center

Save the date!

Tenth Annual Baylor Scott & White Health and Wellness Center Chef Cookoff

Date: Friday, October 4, 2024

Time: 10:00 AM – 3:30 PM

Location:

Middleby Innovation Kitchens
2701 E. State Hwy 121
Lewisville, TX 75056



Save the date!

Fourteenth Annual Baylor Scott & White Health and Wellness Center Healthy Harvest Festival

Date: Saturday, November 2, 2024

Time: 10:00 AM – 2:00 PM

Location:

Juanita J. Craft Recreation Center
4500 Spring Avenue
Dallas, TX 75210