Central Health Southeast Health & Wellness Center November/Noviembre 2026

SUN./DOM.	MON./LUN.	TUES./MAR.	WED./MIER.	THURS./JUEV.	FRI./VIER.	SAT./SAB.
1	2 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba	3 7 a.m. - 4 p.m. Notary services/ Servicios notariales 12 p.m. - 1:30 p.m. Sana Yoga - stress management/ manejo de estres 6:30 - 7:30 p.m. Sana Yoga	4 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba Toning	5 7 a.m. - 4 p.m. Notary services/Servicios notariales 10 a.m. - 12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30-7:30 p.m. Sana Yoga	6 7 a.m. - 4 p.m. Notary services/Servicios notariales	7 No Zumba & Sana Yoga Class Today 10:15 a.m. - 4:00 p.m. Childbirth Preparation Workshop/ Taller de Preparacion para el Parto
8	9 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba	10 7 a.m. - 4 p.m. Notary services/ Servicios notariales 5:30-6:30 p.m. Movement is Medicine Class/Clases de el movimiento es medicina 6:30-7:30 p.m. Sana Yoga	11 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba Toning HAPPY Veterans DAY	12 7 a.m. - 4 p.m. Notary services/Servicios notariales 10 a.m. - 12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30-7:30 p.m. Sana Yoga	13 7 a.m. - 4 p.m. Notary services/Servicios notariales	14 9-10 a.m. Zumba 10-11 a.m. Sana Yoga
15	16 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba	17 7 a.m. - 4 p.m. Notary services/ Servicios notariales 5:30-6:30 p.m. Movement is Medicine Class/Clases de el movimiento es medicina 6:30-7:30 p.m. Sana Yoga	18 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba Toning	19 7 a.m. - 4 p.m. Notary services/Servicios notariales 10 a.m. - 12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30-7:30 p.m. Sana Yoga	20 7 a.m. - 4 p.m. Notary services/Servicios notariales	21 9-10 a.m. Zumba 10-11 a.m. Sana Yoga
22	23 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba	24 7 a.m. - 4 p.m. Notary services/ Servicios notariales 6:30-7:30 p.m. Sana Yoga	25 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba Toning	26 -OFFICE CLOSED- -OFICINA CERRADA- Happy Thanksgiving	27 -OFFICE CLOSED- -OFICINA CERRADA-	28 9-10 a.m. Zumba 10-11 a.m. Sana Yoga
29	30 7 a.m. - 4 p.m. Notary services/Servicios notariales 6:30-7:30 p.m. Zumba					

Free Sana Yoga | Tuesday and Thursday 6:30-7:30 p.m., Saturday 10-11 a.m.
Sana Yoga: Stress Management, first Tuesday of the month, 12-1:30 p.m.

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available.
- **NO** child care.

Class variations: Adaptive yoga, Tai Chi, chair yoga, yoga for stress management, and yoga for kids. **Registration is required** (arrive early for registration).

Sana Yoga Gratis | Martes y Jueves, 6:30-7:30 p.m., Sabado 10-11 a.m.
Sana Yoga: Manejo del estres, primer martes del mes, 12-1:30 p.m.

- Clases disponsibles en Ingles y en Espanol.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de ninos.

Variaciones de clases: Yoga adaptada, Tai Chi, yoga de silla, yoga para el manejo de estres y yoga para ninos. **Registracion es obligatorio** (Llegar temprano para registrarse.)

Free Zumba | Monday and Wednesday 6:30 - 7:30 p.m., Saturday 9-10 a.m.

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available.
- **NO** child care.

Class variation: Zumba Toning. Registration is required (arrive early for registration).

Zumba Gratis | Lunes y Miercoles 6:30-7:30 p.m., Sabado 9-10 a.m.

- Clases disponibles en Ingles y en Espanol.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de ninos.

Variacion de clase: Zumba para tonar. **Registracion es obligatorio** (Llegar temprano para registrarse.)

Fresh for Less - Mobile Markets | Thursday 10 a.m. - 12 p.m.

Mobile Markets - tasty, healthy, close by. Farmshare Austin's Fresh for Less Mobile Markets bring locally grown produce and other healthy grocery items at reduced prices to you. All markets accept Lone Star, SNAP, P-EBT, Credit Card, Debit Card, and cash payments.

Get double the amounts you spend on fresh produce with Double Up Food Bucks for an even greater value.

Questions? Call 512.553.6620 or visit online: farmshareaustin.org/food-access

Mercaditos - Fresh for Less | Jueves, 10 a.m. - 12 p.m.

Mercados moviles: sabrosos, sanos y cercanos. Los mercados moviles Fresh for Less de Farmshare Austin le traen productos cultivados, localmente y abarrotes saludables a precios reducidos. Todos los mercados aceptan Lone Star, SNAP, P-EBT, tarjeta de credito, tarjeta de debito y pagos en efectivo.

Obtenga el doble de lo que gasta en productos frescos con Double Up Food Bucks para un valor aun mayor.

Tiene preguntas? Llame al 512.553.6620 o visite en line: farmshareaustin.org/food-access

Notary Services | Monday-Friday, 7 a.m. - 4 p.m.

By appointment only.
Notary Services available for more information call Jesus Chavez 512.978.8301

Servicios Notariales | Lunes a Viernes, 7 a.m. - 4 p.m.

Solo con sita previa.
Servicios notariales disponible para mas informacion llamar a Jesus Chavez al 512.978.8301

Movement is Medicine | Tuesday 5:30 - 6:30 p.m.

Stay active and train with personalized exercises in a supportive and fun environment.
Receive free weight, blood pressure, and heart rate screenings.

Movimiento es Medicina | Martes, 5:30 - 6:30 p.m.

Mantente activo y entrena con ejercicios personalizados en un ambiente lleno de apoyo y diversion.
Recibe examenes de peso, presion arterial y ritmo cardiaco.

Childbirth Preparation Workshop | Saturday 10:15 a.m. - 4:00 p.m.

A workshop open to the community to educate about all things pregnancy, labor, and postpartum. This day is designed to help families feel informed, prepared and empowered for birth. Participants will explore the stagesof labor, supportive labor positions, Spinning Babies techniques, pain-relief options, labor signs and birth planning. Childcare and lunch provided.
If you have any questions, call 833-658-2558.

Taller de Preparacion para el Parto | Sabado 10:15 a.m. - 4:00 p.m.

Este es un mini taller virtual de preparacion para el parto que se ofrece en ingles y espanol en respuesta a la creciente demanda de esta oportunidad. Este sera un espacio para que las personas embarazadas aprendan sobre las distintas etapas del parto, las diferentes posiciones de parto, la recuperacion posparto y mucho mas. Se ofreceran cuidado infantil y almuerzo. Si tiene preguntas, llame al: 833-658-2558.