

**Happy 14th Anniversary**  
**Baylor Scott & White Health and Wellness Center**



The Baylor Scott & White Health and Wellness Center (BSW HWC) exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

## FITNESS ACTIVITIES

All BSW HWC Fitness Classes are **FREE**

	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

**Apr. 16 - Jun. 25** 10:00 am - 12:00 pm on-line, weekly **Community Health Worker Certification**

**May 2 - Jun. 27** 7:00 pm - 9:00 pm on-line, weekly **Community Health Worker Certification**

ALL sessions are online via the assigned platform Webex, MS Teams or Zoom.

CHW registration link & QR code:  
<https://forms.office.com/r/z6R7KYTan5>



**Monday - Friday** 7:30 am - 5:30 pm **Summer Camp** (G/GR)  
Ages 5 - 12

**Friday** June 7 - August 30 7:00 pm - 10:00 pm **Teen Late Night** (G/GR/MAB)

**Saturday** June 15 9:00 am - 2:00 pm **Juneteenth Celebration** (G/Outdoors)

## Health and Wellness Assessments (Membership Biometrics)

## COMMUNITY FARM STANDS

**Free A1C, cholesterol, blood pressure, height and weight measured for members!**

Participants receive a \$10 (Health Assessment/ Biometrics) farm stand voucher.

Call 214.865.3060 or register here: <https://bit.ly/3beZFF4>

**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

(Open for in-person classes and consultations)  
**Monday - Friday**  
8:00 am - 5:00 pm

### CLINIC (FAMILY HEALTH CENTER)

APPOINTMENTS / VISITS  
214-817-6240  
**Mon./Wed./Thurs./Fri.**  
8:00 am - 5:00 pm  
**Tuesday**  
8:00 am - 8:00 pm

### JUANITA J. CRAFT RECREATION CENTER

**Monday - Thursday**  
9:00 am - 8:00 pm  
**Friday**  
9:00 am - 7:00 pm  
**Saturday**  
9:00 am - 2:00 pm

**BR** = Boardroom **GR** = Game Room  
**CA** = Classroom A **L** = Lobby  
**CB** = Classroom B **O** = Outside  
**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)

**BAYLOR SCOTT & WHITE HEALTH and WELLNESS CENTER at JUANITA J. CRAFT RECREATION CENTER**

4500 Spring Ave. Dallas, TX 75210 214.865.3060 [www.bswhealth.com/HealthandWellness](http://www.bswhealth.com/HealthandWellness)

# WEEKLY CLASS SCHEDULE

**2024  
 JUNE**

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

# HEALTHY CITIES

## BSW HWC's Healthy Cities Program Schedule

2024  
JUNE

Location	Class	Time	Day	Dates
<b>Anita Martinez*</b> 3212 N Winnetka Ave. Dallas, TX 75212 214-228-4840	<b>Happy Kitchen</b> , Spanish	10:30 AM - 11:30 AM	Monday	June 3, 10
	<b>Dinner Tonight</b> , Spanish	10:30 AM - 11:30 AM	Monday	June 24
	<b>Dinner Tonight</b> , Spanish	6:00 PM - 7:00 PM	Wednesday	June 26
	<b>SAIL</b> ( <i>Stay Active and Independent for Life</i> ), Dual	11:30 AM - 12:30 PM	Thursday	June 6, 13, 20, 27
	<b>ZUMBA®</b>	5:30 PM - 6:30 PM	Thursday	June 6, 13
<b>Beckley-Saner*</b> 114 W Hobson Ave. Dallas, TX 75224 214-865-3040	<b>ZUMBA®</b>	5:30 PM - 6:30 PM	Monday	June 3, 10, 17, 24
	<b>Balanced Living</b> , Spanish	10:30 AM - 11:30 AM	Thursday	June 3, 10, 17, 24
	<b>Cooking with High Blood Pressure</b> , Spanish	10:30 AM - 11:30 AM	Thursday	June 6, 13
<b>Bonton Farms</b> 6911 Bexar St. Dallas, TX 75215 214-865-3057	<b>Dinner Tonight</b>	5:30 PM - 6:30 PM	Tuesday	June 4, 11, 18, 25
	<b>Line Dancing</b>	5:30 PM - 6:30 PM	Wednesday	June 12, 19, 26
<b>Eloise Lundy*</b> 1229 Rev. CBT Smith St. Dallas, TX 75203 214-208-4840				
<b>Grauwylers*</b> 7780 Harry Hines Blvd. Dallas, TX 75235 214-865-3057	<b>SAIL</b> , Dual	11:00 AM - 12:00 PM	Tuesday	June 4, 11
<b>Hiawatha Williams*</b> 2976 Cummings St. Dallas, TX 75216 214-865-3199	<b>Happy Kitchen</b>	10:00 AM - 11:00 AM	Monday	June 3, 10
	<b>Cooking Well with Diabetes</b>	10:00 AM - 11:00 AM	Monday	June 24
<b>Jaycee Zaragoza*</b> 3114 Clymer St. Dallas, TX 75212 214-208-5932	<b>SAIL</b> , Dual	9:30 AM - 10:30 AM	Tuesday	June 4, 11, 18, 25
	<b>A Taste of Latin Heritage</b>	6:00 PM - 7:00 PM	Wednesday	June 5, 12, 26
<b>Jubilee Park Community Clinic</b> 820 Ann Ave. Dallas, TX 75223 214-208-5932	<b>A Taste of Latin Heritage</b>	6:00 PM - 7:00 PM	Tuesday	June 11, 18
	<b>Cooking with High Blood Pressure</b> , Dual	12:00 PM - 1:00 PM	Thursday	June 6, 13, 20, 27
<b>Samuel Grand*</b> 6200 E Grand Ave. Dallas, TX 75223 214-235-5737	<b>Walk with Ease</b>	11:00 AM - 12:00 PM	Tuesday	June 4, 11, 18, 25
	<b>Happy Kitchen</b> , Spanish	11:00 AM - 12:00 PM	Wednesday	June 5, 12, 26
	<b>ZUMBA®</b> , Dual	10:30 AM - 11:30 AM	Friday	June 7, 14, 21, 28
<b>Singing Hills*</b> 6805 Patrol Way Dallas, TX 75241 469-274-5107	<b>Happy Kitchen</b>	10:30 AM - 11:30 AM	Tuesday	June 11, 18, 25
<b>Thurgood Marshall*</b> 5150 Mark Trail Way Dallas, TX 75232 214-865-3057				

\*City of Dallas Park & Recreation Center

# OUTREACH - COMMUNITY HEALTH FAIRS

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

2024

JUNE

DATE	DAY	TIME	EVENT	LOCATION
6/1/2024	Saturday	9:00 am - 1:00 pm	Health Fair	<b>Bonton Farms</b> 2612 Valentine St Dallas, TX 75215
6/8/2024	Saturday	12:00 pm - 3:00 pm	Community Health Fair	<b>Greater Mt. Sinai Missionary Baptist Church</b> 4807 Burnside Ave Dallas, TX 75216
6/15/2024	Saturday	9:00 am - 2:00 pm	J.J. Craft Juneteenth Event	<b>Juanita Craft Recreation Center</b> (Gym and outside) 4500 Spring Ave Dallas, TX 75210
6/15/2024	Saturday	10:00 am - 2:00 pm	Best Southwest Communities Health Fair	<b>DeSoto East Middle School</b> 601 Belt Line Dr. DeSoto, TX 75115
6/28/2024	Friday	7:30 am - 12:00 pm	9th Annual Byron C. Lattimore Golf Scramble	<b>Cedar Crest Golf Course</b> 1800 Sutherland Ave. Dallas, TX 7503