

Wellness Workshops



VIRTUAL ART FIELD TRIP: WATER

presented by the McNay Art Museum

THUR 11 FEB | 1PM-2PM

The connection between art and health & wellbeing is undeniable. Studies show creative expression helps maintain our immune systems and that art is clinically proven to reduce stress, elevate mood, and lower blood pressure.

Shake up screen fatigue with a participatory art break. McNay educators guide deep-dive exploration of three Museum masterpieces encouraging observation, questioning, and discovery. Appropriate for all ages, and no supplies needed.



[Click here to register now](#)



DEVELOP A HEALTHY SLEEPING PATTERN

presented by Deer Oaks EAP

WED 17 MAR | 1PM-2PM

The number of people experiencing sleep-associated problems is on the rise. Sleep is very important for everyone, regardless of age. Some people can get by on less sleep than others, but that does not mean sleep is any less important for them. There are many factors that can impact one's sleep.

This session will cover the types of sleep, steps to help one have better quality sleep, and sleep disorders, as well as the myths about sleep.



[Click here to register now](#)

Have questions or need to register offline? Contact the Wellness Division at (210) 207-WELL or wellness@sanantonio.gov