



the
Montrose
Center

LGBT HEALTH WEEK

MARCH 23-27

Free Programs & Activities

MON
23

COMMUNITY YOGA

Reduce your stress, and surround yourself with the good energy that fosters joy with this gentle, beginners' level yoga practice! Some mats will be available. Co-sponsored by Legacy Community Health Services.

6:00-7:00PM | ROOM 106

LET'S TALK ABOUT SEX!

DEMYSTIFYING & CELEBRATING LGBTQ SEXUALITY

Join us for a panel discussion exploring evidence-based insights on LGBTQ sexuality from a factual, sex-positive, and shame-free perspective with researchers from the Montrose Center, University of Houston, and UT School of Public Health.

7:00-9:00PM | ROOM 106/107

TUE
24

ANONYMOUS PEOPLE

FILM SCREENING & DISCUSSION

Join us for a special screening of *Anonymous People*, an acclaimed and compassionate feature documentary about the 23 million Americans living in long-term recovery from alcohol and other drugs. Stay for a lively discussion afterward!

6:00-8:00PM | ROOM 106

WED
25

SENIOR RESOURCE FAIR

LGBT seniors, caregivers, family and friends are invited to visit with representatives from a variety of Houston-based senior care providers and learn more about the services they offer. Presented by the Montrose Center's SPRY (Seniors Preparing for Rainbow Years) program. Read more at www.montrosecenter.org/spry

10:00AM-1:00PM | ROOM 106

THU
26

THE HELPER'S TOOLBOX

Knowing how to best help a friend or loved one in pain is delicate business, and having the right skills to help (them and yourself) is essential. Join us for a discussion about what (and what not) to say, and how to best cope with these challenges. Presented by the Montrose Center's LIFE Program Coordinator Brittany Burch, LCSW.

6:30-8:30PM | ROOM 107

FRI
27

DISCOVER YOUR CENTER!

PROGRAMS & SERVICES OPEN HOUSE

Do you REALLY know what all the Montrose Center has to offer? You may already be familiar with some of our services, but there is a lot you are probably missing. At *Discover Your Center*, everything will be on display! Grab a snack at our new Equal Grounds Café, walk about at your leisure, and chat with knowledgeable volunteers and staff about the services and activities that interest you.

4:00-6:30PM | ROOM 106/107

EQUAL GROUNDS CAFÉ

SOFT OPENING

4:00-6:30PM | CULTURAL CENTER - FL 1

FOR MORE INFO, CALL 713.529.0037 x395 OR VISIT montrosecenter.org/healthweek