

PRESBYTERIAN COMMUNITY HEALTH CLASS SCHEDULE

HORARIO DE CLASES DE SALUD DE LA COMUNIDAD PRESBYTERIAN



Presbyterian’s community health classes include sessions to support healthy habits, cooking demos with easy at-home recipes, fitness classes to improve your physical health, and chronic disease self-management classes to support your well-being. To register, visit prescommhealthclasses.com or call the Wellness Connection Center (WCC) at (505) 923-5963.

Las clases de salud comunitaria de Presbyterian incluyen sesiones para apoyar hábitos saludables, demostraciones de cocina con recetas fáciles en el hogar, clases de acondicionamiento físico para mejorar su salud física y clases de autocontrol de enfermedades crónicas para apoyar su bienestar. Para registrarse, visite a prescommhealthclasses.com o llame al Wellness Connection Center (WCC) al (505) 923-5963.

August 2024 Weekly Class Schedule/Horario semanal de clases agosto 2024

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
Gentle Yoga for Back Health Every Monday 9:30-10:30 a.m.	Visit the Del Sur Farmer’s Market! Presbyterian Santa Fe Medical Center Every Tuesday through September 24 3:00- 6:00 pm	Yoga for New Beginnings Every Wednesday 9:30-10:30 a.m.	*Walk with Ease Espanola August 8-29 9:30 am-10:30 am		Yoga for Stress Relief Every Saturday 10:00-11:30 a.m.
			Chair Yoga Every Thursday 10:00-11:00 a.m.		
*Sprouting Kitchen at Reunity Farm Santa Fe August 25 10:00 am-12:00 pm		*Sprouting Kitchen at Rio Grande Food Project August 28 9:00 am-11:00 am	*Cooking Matters Easy Eats Santa Fe August 1-22 10:00 am-12:30 pm		*Cooking Matters en Español Julio 27-Augusto 31 10:00am-12:30 pm
	Sprouting Kitchen Virtual Cooking August 13 & 27 5:00-6:00 p.m.	*Seed to Supper August 14-September 18 3:00 pm-4:30 pm	Mastering Meal Prep and Planning: Back to School Quick Meals August 15 12:00-1:00 pm	*Kids Cook! Sushi Bowls August 2 5:00-6:30 p.m.	*Sprouting Kitchen at Chispas Farm August 24 12:30 pm-2:30 pm



Scan the QR code with your phone to register for classes.
 Escanea el código QR con tu teléfono para inscribirte en las clases.



See back for class details and descriptions.
***In-person classes. All other class are virtual**
Classes are free and open to the public.

CLASS DESCRIPTIONS/DESCRIPCIONES DE LAS CLASES

In Person Classes:

***Cooking Matters en Español** Únase a esta clase de 6 semanas para aprender habilidades alimentarias para comer sano en casa y en familia.

3630 Las Estancias Dr. SE, Albuquerque 87121

***Kids Cook! First Friday** provides hands-on experiential learning for elementary and middle school students and their families. Classes support cooking and eating meals together. **907 4th St. SW, Albuquerque 87102**

***Sprouting Kitchen at Rio Grande Food Project** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce! Family-friendly, children are welcome with supervision.

600 Coors Blvd NW, Albuquerque, NM 87121

***Sprouting Kitchen at Chispas Farm** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce! Family-friendly, children are welcome with supervision.

229 Saavedra Rd SW, Albuquerque, NM 87105

***Sprouting Kitchen at Reunity Farm Santa Fe** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce! Family-friendly, children are welcome with supervision.

1829 San Ysidro Crossing, Santa Fe, NM 87507

***Seed to Supper** Join this 6-week series hosted by NMSU to learn about growing a garden in New Mexico. New gardeners will learn how to plan and care for a vegetable garden, and experienced gardeners will learn more about their garden, and get tips on how to overcome common pest and soil problems and improve their yield.

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Walk with Ease Espanola** The Arthritis Foundation Walk With Ease Program is an exercise program that may reduce pain and improve overall health. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The series will be taught by NMSU Rio Arriba County Extension Agent, Joy Russell Czymyrid

1010 Spruce St, Española, NM 87532

Virtual Classes:

Mastering Meal Prep & Planning Virtual monthly level II cooking class builds on cooking skills and nutrition knowledge.

Sprouting Kitchen Virtual Cooking Each one-hour session covers practical cooking tips as participants cook with the instructor from their own homes.

Yoga for Stress Relief Enjoy a gentle yoga practice and guided relaxation to decrease stress while increasing muscle strength and joint mobility. Quiet your mind by focusing on breath and body awareness and soothe mental and physical tension through guided relaxation.

Chair Yoga is ideal for anyone who has limited physical ability, chronic pain or disease, joint instability or mobility issues.

Yoga for New Beginnings Participants work on posture, balance, improving back pain and reducing stress levels through guided meditation.



For more free classes and resources, visit:

www.pathstohealthnm.org

www.phs.as.me/healthplanplace

***Clases ofrecidas en persona, virtuales o por teléfono.**

***Las clases son gratuitas y abiertas al público.**