

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.

MARCH 2025 CLASS SCHEDULE/HORARIO DE CLASES MARZO 2025

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
	*Stress & Resilience Santa Fe March 4 10:00 am- 11:00 am	Yoga for Health & Well-Being Thriving with Age & Balance Every Wednesday 9:30-10:30 am	Chair Yoga for All Every Thursday 10:00-11:00 am		Yoga for Stress Relief Every Saturday 10:00-11:30 am
	Cooking Heart Healthy March 4, & 11 12:00- 1:00 pm	Happy National Nutrition Month	Solo Chef: Cooking for One March 20 12:00-1:00 pm	*Kids Cook! First Friday Class Greens & Burritos March 7 5:00-6:30 pm	
	Sprouting Kitchen Virtual Cooking March 11 5:00-6:00 pm		*Easy & Delicious Ways to Boost Fiber March 12 3:00-4:30 pm	*NEW Friday Night Social March 21 5:00-7:00 pm	
*Food Preservation Series- Class 1 March 24 10:00am-12:00 pm	*Food Preservation Series- Class 2 March 25 10:00am-12:00 pm		*Food Preservation Series- Class 3 March 27 10:00am-12:00 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

Virtual Classes:

Solo Chef: Cooking for One Discover the joy of cooking nutritious, delicious, and perfectly portioned meals just for you—all from the comfort of your home!

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

Yoga for Health & Well-being Join licensed clinical social worker and yoga therapist Meghan Bass-Petti for a trauma-informed accessible yoga class suitable for all abilities, with modifications and suggestions to meet physical and emotional challenges. The month of March will focus on thriving with age and better balance.

Cooking Heart Healthy This class teaches cooking and nutrition skills to support heart health including tips on blood pressure management, stress management, and exercise. Learn ways to flavor foods without extra salt, and how to include more fruits, vegetables and whole grains in your meals.

*Clases ofrecidas en persona o virtuales.

*Las clases son gratuitas y abiertas al público.

In-Person Classes:

***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**

***Friday Night Social** Looking for something different to do? Get social with friends for a free cooking night event. Build memories and laughs with activities, music, and food.

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Stress & Resilience Santa Fe** Please join us for this 3- part series! We'll discuss anxiety, loss, and grief. How to manage change and build resilience through self-nurture. Build healthy Habits around nutrition, activity, and sleep.

4801 Beckner Rd. Santa Fe, NM 87507

***Easy & Delicious Ways to Boost Fiber** Learn simple ways to boost fiber in your diet. Make your gut happy with adding more fiber foods into your mealtime routines. Try and taste new recipes in this hands-on cooking class designed to keep you full and satisfied. **1301 Wyoming Blvd. NE, Albuquerque, NM 87112**

*** Food Preservation 3-Class Series** Join this hands-on introduction and learning of simple food preservation methods, including water-bath canning, dehydrating foods, and learn the basics how to pressure can. **1301 Wyoming Blvd. NE, ABQ, NM 87112**



For more free classes and resources, visit:
www.phs.as.me/healthplanplace