

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.

JANUARY 2025 CLASS SCHEDULE/HORARIO DE CLASES ENERO 2025

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
			*Kitchen Creations Santa Fe January 9-30 9:00 am-12:00 pm		
	*Mindful Meals: Wellness Cooking Series January 7- 28 10:00 am- 12:30 pm	Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am	Chair Yoga for All Every Thursday 10:00-11:00 am	*Immune Boosting PMG Las Estancias 12:00- 1:30 pm	Yoga for Stress Relief Every Saturday 10:00-11:30 am
	Sprouting Kitchen Virtual Cooking January 7 5:00-6:00 pm	*Eating the Med Way Espanola January 8-26 11:00 am-1:00 pm	Solo Chef: Cooking for One January 16 12:00-1:00 pm	*Kids Cook! First Friday Class January 3 5:00-6:30 pm	
Warrior II Fitness Challenge Mon & Wed Jan13-March 5 5:30-6:30 pm	Warrior I Fitness Challenge Tues & Thurs Jan 14- March 16 5:30- 6:30 pm		*Cooking Matters for Families January 17 5:00-7:00 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.

Warrior I Fitness Challenge Join in weekly 1-hour Warrior sessions where you follow guided exercise to increase strength, energy, and reduce stress. Gain personal support with 1:1 assessments that will help you become a fitness warrior!

Warrior II Fitness Challenge Build your Warrior skills by joining the second level of Warrior II fitness. Continue to grow on your fitness journey with guided exercise to increase strength, energy, and reduce stress. Gain personal support with 1:1 assessments that will help you become a fitness warrior!

*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**

***Mindful Meals: Cooking for Wellness** Do you want to improve your health, but don't know where to start? Join this FREE 4-week class to learn basic cooking methods and recipes that are delicious and easy. This class is appropriate for managing and preventing chronic-health conditions including, prediabetes, diabetes, high blood pressure and weight management. **1301 Wyoming Blvd. NE, ABQ, NM 87112**

***Cooking Matters for Families** Join this FREE family hands-on cooking class! Class is appropriate for kids ages 2-18! Bring the family and come ready to cook a meal together, laugh, and build life-long memories together. **1301 Wyoming Blvd. NE, ABQ, NM 87112**

***Immune Boosting Cooking at PMG Las Estancias** Learn how to boost your natural defense system (immune system) through the power of food with hands-on tasty and delicious recipes! **3630 Las Estancias Dr. SW, ABQ, NM 87121**

***Kitchen Creation Santa Fe** Learn how to plan meals that help manage diabetes. Practice cooking food in healthier ways. Get a free manual and cookbooks. **4801 Beckner Rd, Santa Fe, NM 87507**

***Eating the Med Way** Learn about the health benefits of eating the Mediterranean way and how easily this cuisine can fit into your daily menu. Learn how to prepare and taste test food using these delicious recipes. **Pinon Room, Presbyterian Hospital 1010 Spruce St, Española, NM 87532**



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