

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.

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
Gentle Yoga for Back Health Every Monday 9:30-10:30 am	*NEW! Relaxation & Self-care/ Relajación y auto-cuidado December 3 & 17 10:00 am- 11:00 am	Yoga for New Beginnings Every Wednesday 9:30-10:30 am	Chair Yoga Every Thursday 10:00-11:00 am	*Holiday Cooking with Sprouting Kitchen December 13 12:00-1:30 pm	Yoga for Stress Relief Every Saturday 10:00-11:30 am
	Sprouting Kitchen Virtual Cooking December 3 & 17 5:00-6:00 pm	*Immune Boosting Cooking Class December 18 3:00-4:30 pm	Mastering Meal Prep and Planning December 19 12:00-1:00 pm	*Kids Cook! First Friday Class Tamales December 6 5:00-6:30 pm	*Holiday Cookie Decorating Cooking Matters for Families December 14 11:00-12:30 am
			*Healthy Holiday Cooking Class December 5 1:00- 2:30 pm		*Nutrition with a Purpose/Nutrición con un propósito December 14 10:00 -12:30 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:

***Holiday Cookie Decorating Cooking Matters for Families** Join this FREE family Holiday class! Wear your PJs and enjoy hot cocoa and decorate sugar cookies. Included is a short holiday yoga stretch! **1301 Wyoming Blvd NE, Albuquerque, NM 87112**

***Immune Boosting Cooking Class** Learn how to boost your natural defense system (immune system) through the power of food with hands-on tasty and delicious recipes. **1301 Wyoming Blvd NE, Albuquerque, NM 87112**

***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**

***Relaxation & Self-Care/Relajación y auto-Cuidado** You are invited the first and third Tuesday of every month for a bilingual beginner's Yoga class! Come practice gentle postures, breathwork and mindfulness. ¡Están invitados los primeros y los terceros martes de cada mes a una clase bilingüe de Yoga para principiantes! Vengan a practicar las posturas, la respiración y la conciencia plena. **3630 Las Estancias Dr. SW, Albuquerque, NM 87121**

***Nutrition with a Purpose/Nutrición con un propósito** In these in-person classes you will learn to combine your nutrition purpose with simple and delicious recipes to achieve your goals in a healthy way! Estas clases en persona, te ayudarán a combinar tu propósito de nutrición por medio de recetas simples y deliciosas para cumplir tu meta de una forma saludable! **3630 Las Estancias Dr. SW, Albuquerque, NM 87121**

***Healthy Holiday Cooking** Join us for a cooking class where we will show you how to create delicious, nutritious dishes that add joy and balance to your holiday table. In this interactive session you'll learn to prepare wholesome recipes that feature fresh, seasonal ingredients, perfect for impressing guests and feeling good! **3630 Las Estancias Dr. SW, Albuquerque, NM 87121**

***Holiday Cooking with Sprouting Kitchen** Join us for a cooking class where we will show you how to create delicious, nutritious dishes that add joy and balance to your holiday table. In this interactive session you'll learn to prepare wholesome recipes that feature fresh, seasonal ingredients, perfect for impressing guests and feeling good! **4801 Beckner Rd. Santa Fe, NM 87507**

***Clases ofrecidas en persona o virtuales.**

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

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.



On behalf of Presbyterian Community Health, we wish you and yours, a safe holiday season. Thank you for your continued support and participation. Looking forward to MORE in the New Year!

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