

# 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](https://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](https://prescommhealthclasses.com) o llame al Wellness Connection Center (WCC) al (505) 923-5963.

### May 2024 Weekly Class Schedule/Horario semanal de clases mayo 2024

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
<b>Gentle Yoga for Back Health</b> Every Monday 9:30-10:30 a.m.	<b>Cooking Heart Healthy</b> May 14-28 10:00 a.m.- 11:00 p.m.	<b>Yoga for New Beginnings</b> Every Wednesday 9:30-10:30 a.m.	<b>Chair Yoga</b> Every Thursday 10:00-11:00 a.m.	<b>Zumba</b> May 17 & 31 9:00-10:00 a.m.	<b>Yoga for Stress Relief</b> Every Saturday 10:00-11:30 a.m.
			<b>Chronic Disease Self-Management</b> May 16-June 20 10:00-12:30 p.m.		
	<b>Diabetes Self-Management</b> May 14-June 18 10:00 a.m. -12:30 p.m.	<b>*Santa Fe Cooking Matters-Easy Eats (in person)</b> May 6, 13, 20, & June 3 11:00 a.m.-1:00 p.m.	<b>Mastering Meal Prep and Planning Snacks!</b> May 16 12:00-1:00 p.m.	<b>*Kids Cook! Encanto! (in person)</b> May 3 5:00-6:30 p.m.	<b>*Cooking Matters en español (en persona)</b> Abril 13-Mayo 18 10:00-12:30 p.m.
	<b>Diabetes Self-Management</b> May 14-June 18 1:30 p.m.-4:00 p.m.	<b>*Cooking with Sprouting Kitchen Santa Fe (in person)</b> May 22 12:00-2:00 p.m.	<b>Chronic Disease Self-Management</b> May 16-June 20 1:30-4:00 p.m.	<b>*Cooking Matters for Families : Tacos &amp; Yoga (in person)</b> May 17 5:00-7:00 p.m.	<b>Mi Nutrition Después del Cancer (en persona)</b> May 18 2:00-3:30 p.m.
	<b>Sprouting Kitchen Virtual</b> May 7 & 21 5:00-6:00 p.m.	<b>Cancer Thriving &amp; Surviving</b> May 15-June 19 1:30 p.m. – 4:00 p.m.	<b>*Sprouting Kitchen at Las Estancias (in person)</b> May 9 2:00-3:30 p.m.		



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.

\*Classes offered in-person. All other class are virtual or over the phone.

Classes are free and open to the public.

## CLASS DESCRIPTIONS/DESCRIPCIONES DE LAS CLASES

### Cooking and Nutrition Classes:

#### Virtual:

**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.

**Cooking Heart Healthy** This 3-series class teaches cooking and nutrition skills to support heart health including tips on blood pressure management, DASH diet, stress management, and exercise.

#### In Person:

**\*Cooking with Sprouting Kitchen Santa Fe** Each one-hour class will cover practical cooking tips during a fun food demo. **Presbyterian SFMC, 4801 Beckner Rd, Santa Fe 87507**

**\*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 4<sup>th</sup> St. SW, Albuquerque 87102**

**\*Cooking Matters for Families** This family hands-on cooking class is appropriate for kids ages 2-18. **1301 Wyoming Blvd. NE, Albuquerque 87112**

**\*Sprouting Kitchen at Las Estancias** Gain experience in the kitchen, meet people from the community, and taste delicious new recipes. Spanish interpretation available. **3630 Las Estancias Dr. SE, Albuquerque 87121**

**\*Mi Nutrition Despues del Cancer** 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! Session topic: Getting ready for spring/Listos para la Primavera 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. SE, Albuquerque 87121**

### Active Living Classes:

**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.

**Zumba** Exercise in disguise during this 60-minute, high-intensity dance party!

### Self-Management Classes:

**Chronic Pain Self-Management** This 6-week program is designed to help participants learn how to better manage chronic pain with topics on using your mind, Moving Easy program and dealing with difficult emotions.

**Diabetes Self-Management** This 6-week program is for adults who have Type 2 diabetes. Topics include monitoring blood sugar levels, problem solving, dealing with difficult emotions and foot care.

**Chronic Disease Self-Management** This 6-week self-management program is for adults who are living with one or more chronic health conditions including arthritis, pain, asthma, cancer, HIV, diabetes, high blood pressure or heart disease.

**Cancer Thriving & Surviving** is an interactive group workshop delivered via Zoom for cancer survivors who have completed their major cancer treatments. Participants learn skills to deal with problems such as fear of recurrence, changes in body image, frustration, fatigue, and more.

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

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



For more free classes and resources, visit:

[www.pathstohealthnm.org](http://www.pathstohealthnm.org)

[www.phs.as.me/healthplanplace](http://www.phs.as.me/healthplanplace)