

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.


APRIL 2025 CLASS SCHEDULE/HORARIO DE CLASES ABRIL 2025

| Monday/Lunes | Tuesday/Martes | Wednesday/Miércoles | Thursday/Jueves | Friday/Viernes | Saturday/Sábado |
|--|--|--|---|---|---|
|  | | Yoga for Health & Well-Being Back pain relief and postural improvement 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 |
| | Mindful Meals: Cooking for Wellness April 29- May 20 12:00pm- 1:00 pm | | *Cooking Matters for Families Santa Fe April 5- May 3 10:00 am- 12:00 pm | *Kids Cook! First Friday Class Miso Ramen April 4 5:00-6:30 pm | |
| Prediabetes: Actua Hoy, Vive Mejor Abril 21- Mayo 12 6:30 pm- 7:30 pm | Sprouting Kitchen Virtual Cooking April 8 5:00-6:00 pm | *Seed to Supper Gardening Series April 16-May 21 3:00 pm- 4:30 pm | Meal Prep & Planning Cooking April 17 12:00-1:00 pm | *NEW Friday Night Social April 18 5:00-7:00 pm |  |
| | | | *Sprouting Kitchen Cooking Class April 24 1:30-3:00 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

- *Clases ofrecidas en persona o virtuales.
- *Las clases son gratuitas y abiertas al público.

Virtual Classes:

Meal Prep & Planning Launch into building healthy habits through mastering meal prep and planning. Do you have a lot on your plate? Take back some of your freedom by learning how to plan meals and learn simple, seasonal recipes that taste great! Join this monthly class on the 3rd Thursday of each month for new ideas!

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 April will focus on back pain relief and postural improvement.

Mindful Meals: Cooking for Wellness Join this FREE 4-week class to learn basic cooking methods and recipes that are delicious and easy. Plus, gain support from a dietitian to set goals and build habits to live your best life! This class is appropriate for managing and preventing chronic-health conditions including, prediabetes, diabetes, high blood pressure, and weight management.

Prediabetes: Actua Hoy, Vive Mejor estás invitada(o) a nuestro taller sobre prediabetes. aprende que es la prediabetes y hacer cambios saludables en tu estilo de vida.

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 and TRIVIA event. Build memories and laughs with activities, music, and food.
1301 Wyoming Blvd. NE, ABQ, NM 87112

***Cooking Matters for Families Santa Fe** Join Registered Dietician Laura McCann to develop cooking confidence and learn how to plan and prepare healthy meals for the whole family using new recipes, available foods and tools to save money
. 4801 Beckner Rd. Santa Fe, NM 87507

***Sprouting Kitchen Cooking Class** Let's cook! Join registered dietitian, Fallon Bader, to cook simple and delicious meals, loaded with plant power!
3630 Las Estancias Dr. SW, ABQ, NM 87112

*** Seed to Supper Gardening Series** 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

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