

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.

FEBRUARY 2025 CLASS SCHEDULE/HORARIO DE CLASES FEBRERO 2025

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
	Healthy Shopping on a Budget Grocery Store Tour Feb 11 12:00 - 1:00 pm	Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am	Chair Yoga for All Every Thursday 10:00-11:00 am	*Santa Fe Immune Boosting Cooking Class 12:00- 1:30 pm	Yoga for Stress Relief Every Saturday 10:00-11:30 am
	Cooking Heart Healthy Feb 25, March 4, & 11 12:00- 1:00 pm		Solo Chef: Cooking for One Feb 20 12:00-1:00 pm	*Kids Cook! First Friday Class Llapingachos & Purple potatoes Feb 7 5:00-6:30 pm	*Kids Cook Spring Cooking Camp Feb 22- March 15 10:30am-12:00 pm
*Creaciones de Cocina Feb 24- Marzo 17 9:00 am-12:00 pm	Sprouting Kitchen Virtual Cooking Feb 11 5:00-6:00 pm		*Cooking Matters for Families & Mini Yoga Feb 21 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.

Healthy Shopping on a Budget Take a live tour through a local grocery store and learn simple ways to shop healthy on a budget.

Cooking Heart Healthy This 3-series 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.**

Did you know?

Dark chocolate is high in antioxidants which has shown to have beneficial effects on blood pressure and cholesterol



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**

***Cooking Matters for Families & Mini Yoga** Join this FREE family hands-on cooking class with short family-fun yoga! 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 Santa Fe** Learn how to boost your natural defense system (immune system) through the power of food with hands-on tasty and delicious recipes! **4801 Beckner Rd, Santa Fe, NM 87507**

***Creaciones de Cocina** Clases de cocina GRATIS para el manejo de la diabetes! Unase a nosotros para esta serie GRATUITA de 4 clases. Discute como preparar comidas que ayudan a controlar la diabetes. Aprenda a cocinar los alimentos de manera mas saludable. Cuenta con el apoyo de otras personas que viven con diabetes. **Pinon Room, Presbyterian Española Hospital 1010 Spruce St Española, NM 87532**

***Kids Cook Spring Cooking Camp** Each weekend we'll be cooking different complete meals, which gives you the chance to learn new kitchen skills and grow your cooking confidence! For kindergarten through 13 years old. Class is bilingual English/Spanish **3630 Las Estancias Dr. SW, ABQ, NM 87121**

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