

# 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.

### September 2024 Weekly Class Schedule/Horario semanal de clases septiembre 2024

Sunday/Domingo	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 am	Visit the <b>Del Sur Farmer's Market!</b> Presbyterian Santa Fe Medical Center  Every Tuesday through September 24 3:00- 6:00 pm	<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>*Sprouting Kitchen at Rio Grande Food Pantry</b> September 20 9:00 am- 12:00 pm	<b>Yoga for Stress Relief</b> Every Saturday 10:00-11:30 am
						<b>*Nutrition with a Purpose/Nutrición con un propósito</b> Sept 7 10:00 am-12:00 pm
<b>*Sprouting Kitchen at Reunity Farm Santa Fe</b> September 22 10:00 am-12:00 pm	<b>Cooking Heart Healthy</b> September 16-30 12:00 pm-1:00 pm	<b>Sprouting Kitchen Virtual Cooking</b> September 10 & 24 5:00-6:00 p.m.	<b>*Seed to Supper</b> September 7-18 3:00 pm-4:30 pm	<b>Mastering Meal Prep and Planning</b> Slow/pressure cooker meals September 19 12:00-1:00 pm	<b>*Cooking Matters for Families</b> September 20 5:00-7:00 pm	<b>*Campamento de cocina /Kids Cook!</b> Sept 14 - Oct 5 10:30 am-12:00 pm
			<b>*Kids Cook! Vegetable fried rice</b> September 6 5:00-6:30 pm		<b>*Sprouting Kitchen at Chispas Farm</b> September 21 12:30 pm-2:30 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:

#### **\*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. SE, Albuquerque 87121**

**\*Campamento de cocina /Kids Cook!** Únase a nosotros durante cuatro sábados mientras aprendemos a cocinar comidas nutritivas y buenas para toda la familia utilizando ingredientes de temporada. Para niños de guardería hasta 13 años.

**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**

**\*Sprouting Kitchen at Rio Grande Food Project** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce! Family-friendly, children are welcome with supervision.

**600 Coors Blvd NW, Albuquerque, NM 87121**

**\*Sprouting Kitchen at Chispas Farm** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce! Family-friendly, children are welcome with supervision.

**229 Saavedra Rd SW, Albuquerque, NM 87105**

**\*Sprouting Kitchen at Reunity Farm Santa Fe** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce! Family-friendly, children are welcome with supervision.

**1829 San Ysidro Crossing, Santa Fe, NM 87507**

**\*Seed to Supper** Join this 6-week series hosted by NMSU to learn about growing a garden in New Mexico. **1301 Wyoming Blvd. NE, ABQ, NM 87112**

**\*Cooking Matters for Families** Join this FREE family hands-on cooking class for all ages! Enjoy cooking fresh and tasty recipes with your entire family! Food and tools are provided. **1301 Wyoming Blvd. NE, ABQ, NM 87112**

### 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.

**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. Learn ways to flavor foods without extra salt, and how to include more fruits, vegetables and whole grains in your meals.

**For more free classes and resources, visit:**  
[www.phs.as.me/healthplanplace](http://www.phs.as.me/healthplanplace)

**\*Clases ofrecidas en persona, virtuales o por teléfono.**  
**\*Las clases son gratuitas y abiertas al público.**