

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 or 1-888-320-1762



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 o 1-888-320-1762

OCTOBER 2025 CLASS SCHEDULE/HORARIO DE CLASES OCTUBRE 2025

	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
*Kitchen Creations Santa Fe Oct 27-Nov 17 9:00 am-12:00 pm	*Santa Fe Extension Get Fit Sept 8-Oct 13 10:00 -11:00 am	Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am	*Cooking Matters for Adults Santa Fe Oct 2-30 10:00am-12:00 pm	*Garden Cooking Sprouting Kitchen Oct 17 9:00-11:00 am	
	Healthy Shopping on a Budget Oct 7 12:00-1:00 pm		*Programa de Autocontrol Presión Arterial Oct 16-Enero 8 9:30-11:30 am		Yoga for Stress Relief Every Saturday 10:00-11:30 am
*Kitchen Creations Espanola Oct 27-Nov 17 1:00-4:00 pm	*Kitchen Creations Tucumcari Oct 7-16 5:30 -8:30 pm		Chair Yoga for All Every Thursday 10:00-11:00 am *Wellness Cooking Oct 16 1:30-3:00 pm	*Kids Cook! First Friday Night Pad Thai Oct 3 5:00-6:30 pm	*Special Yoga Social Oct 18 10:00 -12:00 pm
	Sprouting Kitchen Virtual Cooking Oct 14 5:00-6:00 pm	*Espanola Extension Get Fit Sept 10-Oct 15 10:00 – 11:00 am	*Cancer Prevention Cooking Class Oct 9 10:00 am-12:00 pm	*Friday Night Social Oct 24 5:00-7:00 pm	
		*Let's Learn about Diabetes Oct 24 10:00-11:00 am	*Kitchen Creations Clovis Oct 30-Nov 20 5:30-8:00 pm		

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:

***Kids Cook! First Friday** provides hands-on experiential learning for elementary and middle school students and their families. **2401 12th St NW, Albuquerque, NM 87104**

***Cancer Prevention Cooking Class** Food is medicine! Learn recommendations for cancer prevention through diet and hands-on cooking. **1301 Wyoming Blvd. NE, ABQ, NM 87112**

***Programa de Autocontrol Presión Arterial** Este programa le enseñará cómo comer para bajar la presión arterial y controlarla en casa. También recibirá apoyo personalizado de nuestro Embajador de Corazón Saludable. **3630 Las Estancias Dr. SW, ABQ, NM 87121**

***Friday Night Social** Decompress and relax at this social event. Join in for games/activities and hands-on cooking. Come hungry! **1301 Wyoming Blvd. NE, ABQ, NM 87112**

***Wellness Cooking Sprouting Kitchen** Let's cook! Join registered dietitian, Fallon Bader, to cook simple and delicious meals, loaded with plant power! **3630 Las Estancias Dr. SW, Albuquerque, NM 87121**

***Cooking Matters for Adults Santa Fe** In this five-week series, you will learn new ways to plan and prepare fresh and easy meals, shop for healthy foods, and increase your nutrition knowledge!
4801 Beckner Road, Santa Fe, NM 87507

***Extension Get Fit** Get fit in a friendly and fun group setting, at your pace.
Santa Fe: Sept 8- Oct 13, 454 Saint Michaels Dr. Santa Fe, NM, Community Room
Espanola: Sept 10- Oct 15, 1010 Spruce St., Espanola, NM 87532, Aspen room

***Kitchen Creations** Please join us for this FREE series of 4 classes! Learn how to plan meals that help manage diabetes. **Santa Fe: Oct 27-Nov 17, 4801 Beckner Road, Santa Fe, NM 87507**
Tucumcari: Oct 7-16, 216 E. Center St. Terry Turner Bldg. Tucumcari, NM 88401
Espanola: Oct 27-Nov 17, 1010 Spruce St. Espanola, NM 87532 – Pinon Room
Clovis: Oct 10-Nov 20, 600 Woods St Clovis, NM 88101

***Special Yoga Social with Kelley** Celebrate 5 years of yoga with instructor Kelley Belanger at this in-person yoga class at Santa Fe Medical Center. Stay after class to socialize and celebrate.
4801 Beckner Road, Santa Fe, NM 87507

***Let's Learn about Diabetes** This class will cover the basics of blood sugar management, healthy eating habits, and lifestyle tips for staying well. **2100 Louisana Blvd NE Suite 408, Albuquerque, NM 87110**

***Garden Cooking with Sprouting Kitchen** Participants will cook tasty and nutritious recipes using farm-fresh produce outdoors! **600 Coors Blvd. NW, ABQ, NM 87121**

Virtual Classes:

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.

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 This month's focus is on joint health and easing arthritis pain.

Healthy Shopping on a Budget

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

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

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

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