

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 al 1-888-320-1762

SEPTEMBER 2025 CLASS SCHEDULE/HORARIO DE CLASES SEPTIEMBRE 2025

Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
*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 Heart Healthy Sept 9-23 12:00-1:00 pm	*Blood Pressure Self-Monitoring Program Sept 3 9:30-11:30 am	*Programa de Autocontrol Presión Arterial Sept 4 9:30-11:30 am		Yoga for Stress Relief Every Saturday 10:00-11:30 am
	*Garden Cooking with Sprouting Kitchen Sept 17 9:00 am- 12:00 pm	Chair Yoga for All Every Thursday 10:00-11:00 am	*Kids Cook! First Friday Night Sept 5 5:00-6:30 pm	
Sprouting Kitchen Virtual Cooking Sept 9 5:00-6:00 pm	*Espanola Extension Get Fit Sept 10-Oct 15 10:00 – 11:00 am		*Friday Night Social Sept 19 5:00-7:00 pm	
	*Mesquite Kitchen Creations Español Sept 3-24 10:00 am-1:00 pm			
	*Wellness Cooking with Sprouting Kitchen Sept 10 3:00-4:30 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. Recipes: Ratatouille & Caprese Salad
2401 12th St NW, Albuquerque, NM 87104

***Blood Pressure Self-Monitoring Program** This program will teach you how to eat to lower blood pressure and monitor it at home. You will also receive one-on-one support from our Healthy Heart Ambassador. **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!
1301 Wyoming Blvd. NE, Albuquerque, NM 87112

***Garden Cooking with Sprouting Kitchen** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce outdoors! Family-friendly, children are welcome with supervision.
Rio Grande Food Pantry 600 Coors Blvd. NW, ABQ, NM 87121

***Extension Get Fit** Get fit in a friendly and fun group setting, at your pace. Extension Get Fit is a community-based strength training program that is fun and accessible.
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 Español** Clases de cocina GRATIS para el manejo de la diabetes! Unase a nosotros para esta serie GRATUITA de 4 clases!
Mesquite Community Center - 129 Tawa Ave, Mesquite, NM 88048

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

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.

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.



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

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

 **PRESBYTERIAN**
Healthcare Foundation