

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.

JULY 2025 CLASS SCHEDULE/HORARIO DE CLASES JULIO 2025

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
	*Cooking for Kidney, Gut, & Liver Health July 29-Aug 12 10:30 am-12:30 pm	Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am	Chair Yoga for All Every Thursday 10:00-11:00 am		
	*Kids Cook Summer Camp July 15-17 10:30am -12 pm		Meal Prep & Planning Cooking July 17 12:00-1:00 pm	*Kids Cook! First Friday Night July 11 5:00-6:30 pm	Yoga for Stress Relief Every Saturday 10:00-11:30 am
	Healthy Shopping on a Budget July 15 12:00-1:00pm	*Garden Cooking with Sprouting Kitchen July 16 9:00 am- 12:00 pm	*Wellness Cooking with Sprouting Kitchen July 24 1:30-3:00 pm	*NEW! Friday Night Social July 18 5:00-7:00 pm	*Cooking Matters Español July 12, 19, 26 & Aug 2, & 9 10:30 -12:30 pm
	*Kitchen Creations Español Julio 8-20 3:00-6:00 pm				
	Sprouting Kitchen Virtual Cooking July 8 5:00-6:00 pm		*Cooking Matters for Families Santa Fe July 10-Aug 7 4:00-6:00 pm		

shutterstock.com • 1974530093



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

***Kids Cook Summer Camp** Join in a 3-day camp to cook, play, learn and taste new and fun recipes! **1301 Wyoming Blvd NE, ABQ, NM 87112**

***Friday Night Social** Looking for something different to do? Get social with friends for a free cooking night and games. Build memories and laughs with activities, music, and food.

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, NM 87121

***Cooking for Kidney, Gut, & Liver Health** Join registered dietitian Ashley Dunworth as you cook hands-on in the teaching kitchen in this 3-series class and learn practical ways to use food to nourish your body with a focus on gut, liver, and kidney health.

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Kitchen Creations Español** Discute como plaificar comidas que ayudan a controlar la diabetes. Aprenda a cocinar lo alimentos de manera mas saludable.

Anthony Senior Center, 875 Anthony Dr, Anthony, NM 88021

***Cooking Matters en Español** Únase a esta clase de 6 semanas para aprender habilidades alimentarias para comer sano en casa y en familia

3630 Las Estancias Dr. SW, ABQ, NM 87121

***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.

600 Coors Blvd. NW, ABQ, NM 87121

Virtual Classes:

Meal Prep & 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!

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 The month of June will focus on Mental Health awareness month with healing and spiritual practices.

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.**