

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.


MAY 2025 CLASS SCHEDULE/HORARIO DE CLASES MAYO 2025

Sunday/Domingo	Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
<p>NEW! Restorative Yoga & Relaxation Series May 4-June 8 4:00-5:15 pm</p>			<p>Yoga for Health & Well-Being Emotional & Spiritual Health Every Wednesday 9:30-10:30 am</p>	<p>Chair Yoga for All Every Thursday 10:00-11:00 am</p>	<p>*Wellness Cooking Class Santa Fe May 9 12:00 -1:30 pm</p>	<p>Yoga for Stress Relief Every Saturday 10:00-11:30 am</p>
		<p>Mindful Meals: Cooking for Wellness April 29- May 20 12:00pm- 1:00 pm</p>		<p>Meal Prep & Planning Cooking May 15 12:00-1:00 pm</p>	<p>*Kids Cook! First Friday Class Southwestern Food May 2 5:00-6:30 pm</p>	
		<p>Sprouting Kitchen Virtual Cooking May 6 5:00-6:00 pm</p>	<p>*Seed to Supper Gardening Series April 16-May 21 3:00 pm- 4:30 pm</p>		<p>*NEW! Friday Night Social May 16 5:00-7:00 pm</p>	



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:

Meal Prep & Planning Launch into building healthy habits through mastering meal prep and 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! Join this monthly class on the 3rd Thursday of each month for new ideas!

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

Restorative Yoga and Relaxation Series Join Registered Yoga Teacher Kelley Belanger as she leads gentle, calming movement and guided relaxation practices in this special 6-week selfcare series. Each 1hr 15 min class will explore various methods to provide deep rest, renewal, and stress reduction. Prepare to retreat, slow down, and treat yourself to soothing self care.

Mindful Meals: Cooking for Wellness Join this FREE 4-week class to learn basic cooking methods and recipes that are delicious and easy. Plus, gain support from a dietitian to set goals and build habits to live your best life! This class is appropriate for managing and preventing chronic-health conditions including, prediabetes, diabetes, high blood pressure, and weight management.

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.

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

***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 Santa Fe** Let's cook! Join registered dietitian, Fallon Bader, to cook simple and delicious meals, loaded with plant power!

4801 Beckner Rd. Santa Fe, NM 87507

*** Seed to Supper Gardening Series** Join this 6-week series hosted by NMSU to learn about growing a garden in New Mexico. New gardeners will learn how to plan and care for a vegetable garden, and experienced gardeners will learn more about their garden, and get tips on how to overcome common pest and soil problems and improve their yield.

1301 Wyoming Blvd. NE, ABQ, NM 87112

Tip:
Try salsa or guacamole as toppings on baked potato for variety of flavor and less calorie and fat than sour cream and cheese.