

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

SEPTEMBER 2026 CLASS SCHEDULE/HORARIO DE CLASES SEPTIEMBRE 2026

Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
Blood Pressure Self-Monitoring Program Tuesdays September 1-September 22 6-7 pm	Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am	Chair Fitness Yoga Every Thursday 10:00-11:00 am		Yoga for Stress Relief Every Saturday 10:00-11:30 am
*Healthy Aging & Longevity September 15 10:30-12:30 pm	*Fresh & Flavorful First Wednesday 3-4 pm	*Let's Cook with Sprouting Kitchen September 3 4:00-6:00 pm	*Kids Cook! First Friday Night September 11 5:00-6:30 pm	*Kids Cook! Fall Camp September 12, 19, 26, October 3 10:30-12 pm
Sprouting Kitchen Virtual Cooking September 22 5:00-6:00 pm	*Mediterranean Cooking September 9 9:30-10:30 am		*Friday Night Social September 11 5:00-7:00 pm	*Sprouting Kitchen at Chispas Farms September 26 10-12 pm
*Cooking with Community/ Cocinar por Comunidad September 29 12:00 pm-2:00 pm			*Gentle Yoga for Health & Well-Being Sept 18 12:00-1:00 pm	
				



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

***Kids Cook! Fall Camp** Join a 4-Saturday camp to cook, play, learn, and taste new and fun recipes!

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Friday Night Social** Decompress and relax at this social event. Join in for games/activities and hands-on cooking. Come hungry!

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

1301 Wyoming Blvd. NE, ABQ, NM 87112

***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. Class is bilingual in English and Spanish.

229 Saavedra Rd SW, Albuquerque, NM 87105

***Fresh & Flavorful** In this cooking demo, you will learn how to cook with fresh fruits and vegetables, various cooking tips, and nutritional benefits of these wonderful foods!

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Healthy Aging & Longevity** Join this hands-on cooking session to learn about foods that support brain function including memory and boosting mood and adopting lifestyle behaviors that help us not just age, but age well.

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Cooking with Community/Cocinar por Comunidad** In this hands-on, bilingual English/Spanish cooking class, you will learn tasty and affordable new recipes that support healthy living.

3630 Las Estancias Dr. SW, ABQ, NM 87121

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:

***Mediterranean Cooking** Learn about Mediterranean Cooking and Healthy Eating; Plan Healthy Meals; Mindful Eating; Enjoy cooking and discussion with others who are interested in healthy eating

Presbyterian Santa Fe Medical Center Farmers Market Teaching Kitchen, 4801 Beckner Rd, Santa Fe, NM 87507

***Gentle Yoga for Health and Well-Being** Join this in-person yoga class suitable for all abilities, with modifications and suggestions to meet physical and emotional challenges. No experience necessary; beginners through experienced students are welcome.

Presbyterian Santa Fe Medical Center Farmers Market Teaching Kitchen, 4801 Beckner Rd, Santa Fe, NM 87507

Virtual Classes:

Blood Pressure Self-Monitoring Program Join to learn how to lower your blood pressure. The program will teach you how to eat to lower blood pressure and monitor it at home.

Sprouting Kitchen Virtual Cooking Cook along from the comfort of your own home in this virtual nutrition education and cooking class.

Yoga for Stress Relief Enjoy a gentle yoga practice and guided relaxation to decrease stress while increasing muscle strength and joint mobility.

Chair Fitness Yoga 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.

 **PRESBYTERIAN**
Healthcare Foundation