

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

JANUARY 025 CLASS SCHEDULE/HORARIO DE CLASES ENERO 2025

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
		Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am			
	*Reframe Your Plate Cooking Class January 13 10:30-12:30 pm		*Let's Cook with Sprouting Kitchen January 15 10:00-12:00 pm		Yoga for Stress Relief Every Saturday 10:00-11:30 am
			Chair Fitness Yoga Every Thursday 10:00-11:00 am	*Kids Cook! First Friday Night January 9 5:00-6:30 pm	
	Sprouting Kitchen Virtual Cooking January 20 5:00-6:00 pm			*Friday Night Social January 23 5:00-7:00 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.

2401 12th St NW, Albuquerque, NM 87104

***Reframe Your Plate Cooking Class** Kick off the New Year with setting intention and grounding in healthy habits. Class includes hands-on cooking with basic recipe skill building

1301 Wyoming Blvd. NE, ABQ, NM 87112

***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**

***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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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 Fitness Yoga 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.

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.**



Cozy Winter Veggie Skillet

Ready in ~20 minutes | One pan

Try this warm and comforting dish that is high in fiber and antioxidants to stay healthy in the chilly weather.

Ingredients

1 sweet potato, diced small

2 carrots, sliced

½ onion, sliced

1–2 cups kale, chopped

1 tbsp olive oil

½ tsp garlic powder (or 1 clove garlic)

½ tsp paprika

Salt & pepper to taste

Optional: canned chickpeas or a fried egg for protein

Instructions

1. Heat olive oil in a pan over medium heat.
2. Add sweet potatoes and carrots. Cook 8–10 minutes, stirring occasionally, until tender.
3. Add onion, garlic, paprika, salt, and pepper. Cook 3–4 more minutes.
4. Stir in kale and cook just until wilted (1–2 minutes).
5. Optional: add chickpeas to warm through or top with a fried egg.