



PRESBYTERIAN COMMUNITY HEALTH CLASS SCHEDULE/ HORARIO DE LAS CLASES DE SALUD COMUNITARIA DE 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 go to: www.prescommhealthclasses.com OR call the Wellness Referral Center (WRC) at 505-445-5332



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, vaya a: www.prescommhealthclasses.com o, llame al Wellness Referral Center (WRC) al 505-445-5332

JULY 2023 CLASS SCHEDULE/HORARIO DE LAS CLASES JULIO 2023

SUNDAY/DOMINGO	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIÉRCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES	SATURDAY/SÁBADO
<p style="text-align: center;">Yoga for Stress Relief, Strength, Joint Health, & Meditation Every Sunday 10:00 - 11:30 a.m.</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 10px;"> </div>	<p style="text-align: center;">Yoga for Back Health Every Monday 9:30 - 10:30 am</p> <p style="text-align: center; color: red;">Automanejo de la Diabetes Julio 10- Aug 14 (teléfono) 5:00 – 5:30 pm</p> <div style="text-align: center;"> </div>	<p style="text-align: center; color: green;">Cooking for EveryBODY July 11- Aug 1 12:00 – 1:00pm</p> <p style="text-align: center; color: green;">Sprouting Kitchen Virtual Cooking July 11 & 25 5:00- 6:00 pm</p> <p style="text-align: center;">Warrior I Fitness Challenge July 11-Oct 3 5:30 – 6:30 pm</p>	<p style="text-align: center; color: green;">*Sprouting Kitchen: On the Farm (In-person) July 26 9:00 am- 11:00 am</p> <p style="text-align: center;">Adult Yoga for Strength and Resiliency Every Wednesday 9:30 – 10:30 am</p> <p style="text-align: center; color: green;">*Cooking with Sprouting Kitchen in Santa Fe (In-person) July 19 12:00-2:00 pm</p>	<p style="text-align: center;">Zumba July 13 & 27 9:00 am–10:00 am</p> <p style="text-align: center;">Chair Yoga Every Thursday 10:00 – 11:00 am</p> <p style="text-align: center; color: green;">Healthy Lifestyle Cooking Class Vegetarian Complete Proteins July 13 12:00 pm -1:00 pm</p> <p style="text-align: center;">Warrior I Fitness Challenge July 13-Sept 28 5:30 – 6:30 pm</p>	<p style="text-align: center; color: green;">*Kids Cook! Summer Salads (In-person) July 7 5:00 pm- 6:30 pm</p> <p style="text-align: center; color: green;">*Cooking Matters for Families (In-person) July 14 5:00 pm- 6:30 pm</p> <div style="text-align: center; border: 2px solid blue; border-radius: 50%; padding: 20px; background-color: #add8e6; margin-top: 20px;"> <p>Do you have high blood pressure? Join the YMCA Blood Pressure Self-Monitoring Program for 1:1 support. Call WRC to register 505-445-5332</p> </div>	<p style="text-align: center; color: green;">Ana Cocina con Propósito Julio 15 1:00-200 pm</p>



Scan the QR code with your phone to register for classes.
Para inscribirse en las clases escanee el código QR con su teléfono.



See back for class details and descriptions ➔

*Classes offered in-person. All other class are virtual, or over the phone.
Classes are free of charge and open to the public.

CLASS DESCRIPTIONS/ DESCRIPCIÓN DE LAS CLASES

Healthy Eating & Cooking Classes:

- **HEALTHY LIFESTYLE** virtual monthly level II cooking class builds on cooking skills and nutrition knowledge.
- **SPROUTING KITCHEN EVENING COOKING CLASS** Each one-hour session covers practical cooking tips as participants cook along with instructor from the comfort of their own home.
- **ANA COCINA CON PROPÓSITO** Esta es una clase para la comunidad de habla hispana que quiere aprender a cocinar con un propósito mientras mejora su salud.
- **COOKING FOR EVERYBODY** Join this four-class series to celebrate body diversity, practice self-care, and most importantly learn tasty, easy, and nutritious recipes! Gain cooking skills that support weight management and your own healthy lifestyle journey.

* **SPROUTING KITCHEN: ON THE FARM COOKING CLASS** 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. **600 Coors Blvd. NW, ABQ, NM 87121**

***KIDS COOK!** provides hands-on experiential learning for elementary and middle school students and their families. Classes support cooking and eating meals together, increasing physical activity, and supporting communities. **907 4th St. SW, ABQ, NM 87102**

***COOKING MATTERS FOR FAMILIES** Bring the family and join in a hands-on cooking class to learn new recipes, tips for including kids in the kitchen, food skills, and cook and enjoy a meal together. Free gifts for those who attend. **1301 Wyoming Blvd. NE, Albuquerque, NM 87112**

***COOKING WITH SPROUTING KITCHEN IN SANTA FE** Join the fun for hands-on cooking classes! Gain experience in the kitchen, meet people from the community, and taste delicious new recipes. Family friendly! **4801 Beckner Rd. Santa Fe, NM 875057**

*Las clases son presenciales, virtuales o por teléfono

*Las clases son gratuitas y abiertas al público

Active Living Classes:

- **CHAIR YOGA** is ideal for anyone who has limited physical ability, chronic pain or disease, joint instability or mobility issues.
- **ADULT YOGA FOR STRENGTH & RESILIENCY** Participants work on posture, balance, improving back pain, and reducing stress levels through guided meditation.
- **ZUMBA** Join high-intensity dance cardio! Zumba is exercise in disguise! Reduce stress and break a sweat all while having fun.
- **WARRIOR I FITNESS CHALLENGE** Join in weekly 1-hour Warrior sessions where you follow guided exercise to increase strength, energy, and reduce stress. Gain personal support with 1:1 assessments that will help you become a fitness warrior!

Chronic Disease Self-Management Classes:

- **AUTOMANEJO DE LA DIABETES** Este es un programa de 6 semanas para adultos con diabetes tipo 2. Incluye temas como el control del nivel de azúcar en la sangre, cómo resolver problemas, cómo enfrentar emociones difíciles y el cuidado de los pies. Las clases son muy participativas y de apoyo mutuo para fomentar la confianza en el manejo de la salud.

For more free classes and
resources visit
www.pathstohealthnm.org

