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 or 1-888-320-1762

NOVEMBER 2026 CLASS SCHEDULE/HORARIO DE CLASES NOVIENBRE 2026

Monday/ Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
Warrior I Fitness Every Monday & Wednesday November 2- 23 5:00-6:00 pm	***Baking Basics** November 3 11:00-12:30 pm	**Yoga for Health & Well-Being** Every Wednesday 9:30-10:30 am	**Chair Fitness Yoga** Every Thursday 10:00-11:00 am	***Kids Cook! First Friday Night** November 6 5:00-6:30 pm	**Yoga for Stress Relief** Every Saturday 10:00-11:30 am
	***Kitchen Creations** Tuesdays, November 10-19 3:00-4:00 pm	***Fresh & Flavorful** First Wednesday 3:00-4:00 pm	***Prediabetes Workshop- Bilingual in Span. & Eng.** Thursdays, November 5-December 10 10:00-11:00 am	***Friday Night Social- Special LIVE Music Event** November 13 5:00-7:00 pm	***Holiday Family Cooking Class** November 7, 21, December 5, 19 12:00-2:00 pm
	***Healthy Holiday Cooking Class** November 17 10:30-12:30 pm **Sprouting Kitchen Virtual Cooking** November 17 5:00-6:00 pm	***Mediterranean Cooking** November 11 9:30-10:30 am			***The Saturday kitchen- around the world** November 7 11:00 am- 1:00 pm
	***Cooking with Community/ Cocinar por Comunidad** November 24 12:00 pm-2:00 pm	***Let's Cook with Sprouting Kitchen** November 18 3:00-5:00 pm			

PRESBYTERIAN Community Health

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

In-Person Classes:

Location: 1301 Wyoming Blvd. NE, ABQ, NM 87112

***Baking Basics** A simple cooking demonstration that teaches basic baking tools, ingredients, and techniques. Participants will learn easy tips and watch a step-by-step recipe they can make at home.

***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!

***Friday Night Social** Join this SPECIAL session to hear live music from a woodwind quartet and after enjoy an Italian-inspired meal.

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

***Healthy Holiday Cooking Class** Join this class to learn strategies to stay on track with your health goals while still enjoying the holiday festivities. We will be making traditional favorites with a modified twist to boost nutrition and flavor.

***The Saturday kitchen- around the world** In this class, we'll explore new recipes and flavors from around the world! Whether you're new to cooking or just looking to try something different, there's something for everyone to enjoy.

Location: Indian Pueblo Entrepreneur Complex, 2401 12th St NW, Albuquerque, NM 87104

***Kids Cook! First Friday** Provides hands-on experiential learning for elementary and middle school students and their families. Recipes: Mashed Sweet Potato, Cranberry Compote, Brussel Sprouts

Location: 3630 Las Estancias Dr. SW, ABQ, NM 87121

***Prediabetes Workshop** Learn what prediabetes is and how to make healthy lifestyle changes. Aprende qué es la prediabetes y haz cambios saludables en tu estilo de vida.

***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.

Location: Quay County Extension Office, 216 E. Center Street, Tucumcari, NM 88401

***Kitchen Creations** This FREE diabetes management series helps you learn how to plan meals that help manage diabetes, practice cooking foods in healthier ways, and enjoy the support of others who are living with diabetes.

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

***Mediterranean Cooking** Join us and learn about planning healthy meals and mindful eating.

***Holiday Family Cooking Class** Join Sprouting Kitchen to cook, bake, and celebrate the holiday season together! The series features plant-centered main dishes and seasonal treats!

Virtual Classes:

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

Warrior I Fitness This class helps you build strength, energy, and reduce stress! Meet 2x/week to unleash the Warrior in you!

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.

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.**

PRESBYTERIAN
Healthcare Foundation