

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 go to: prescommhealthclasses.com 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, vaya a: prescommhealthclasses.com, llame al Wellness Connection Center (WCC) al 505-923-5963

APRIL 2024 WEEKLY CLASS SCHEDULE/HORARIO SEMANAL DE CLASES ABRIL 2024

SUNDAY/DOMINGO	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIÉRCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES	SATURDAY/SÁBADO
    	Gentle Yoga for Back Health Every Monday 9:30 - 10:30 am	Chronic Pain Self-Management April 2-May 7 10:00-12:30 pm	Yoga for New Beginnings Every Wednesday 9:30 – 10:30 am	Chair Yoga Every Thursday 10:00 – 11:00am	Zumba April 19-26 9:00 - 10:00 am	Yoga for Stress Relief Every Saturday 10:00 -11:30 am
		Sprouting Kitchen Virtual Cooking Meal Prep Basics April 9 & 23 5:00- 6:00 pm	*Cooking with Sprouting Kitchen Santa Fe (In person) April 17 12:00-2:00 pm	Chronic Disease Self-Management April 4-May 9 10:00-12:30 pm		*Cooking Matters en Español (In person) Abril 13-Mayo 18 10:00 -12:30 pm
	Nutrition for Bone, Liver, & Gut Health April 8-22 12:00-1:00 pm	Warrior I Fitness Challenge Tues/Thrs. April 18-June 4 5:30-6:30 pm	Diabetes Self-Management April 3-May 8 1:30-4:00 pm	Mastering Meal Prep & Planning Snacks! April 18 12:00 -1:00 pm	*Kids Cook! Pacific Northwest (In person) April 5 5:00 - 6:30 pm	Ana Cocina con Propósito April 13 1:00-2:00 pm
	Warrior II Fitness Challenge Mon/Wed. April 15-June 3 5:30-6:30 pm	*Serie de Jardina/ Seed to Supper (In person/ En persona) April 23 -May 28 5:30-7:00 pm	*Seed to Supper Gardening Series (In person) April 3-May 8 3:00-4:30 pm	*Sprouting Kitchen At Las Estancias (In person) April 18 2:00- 3:30 pm	*Cooking Matters for Families Breakfast (In person) April 19 5:00 - 7:00 pm	
				Diabetes Self-Management April 4-May 9 1:30-4:00 pm		



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 →

*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/ DESCRIPCIONES DE LAS CLASES

Cooking & Nutrition Classes:

For more free classes and resources visit

www.pathstohealthnm.org

www.phs.as.me/healthplanplace

Virtual:

MASTERING MEAL PREP & PLANNING virtual monthly level II cooking class builds on cooking skills and nutrition knowledge.

SPROUTING KITCHEN VIRTUAL COOKING Each one-hour session covers practical cooking tips as participants cook along with instructor from the comfort of their own home.

NUTRITION FOR BONE, LIVER & GUT HEALTH Join this 3-class in person, hands-on series and learn specific nutrition needs for gut health, bone health, and liver health, plus, eat tasty delicious new recipes!

ANA COCINA CON PROPOSITO Esta es una clase para la comunidad de habla hispana que quiere aprender a cocinar con un propósito mientras mejora su salud.

In person:

***COOKING WITH SPROUTING KITCHEN SANTA FE** Each one-hour class will cover practical cooking tips during a fun food demo. **SFMC 4801 Beckner Rd, Santa Fe NM 87507**

***COOKING MATTERS EN ESPANOL** Únase a esta clase de 6 semanas para aprender habilidades alimentarias para comer sano en casa y en familia. **3630 Las Estancias Dr. SE, Albuquerque, NM 87121**

***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, ABQ, NM 87102**

***COOKING MATTERS FOR FAMILIES** Join this family hands-on cooking class! Class is appropriate for kids ages 2-18! **1301 Wyoming Blvd. NE, ABQ, NM 87112**

***SPROUTING KITCHEN AT LAS ESTANCIAS** Gain experience in the kitchen, meet people from the community, and taste delicious new recipes. Spanish interpretation available. **3630 Las Estancias Dr. SE, Albuquerque, NM 87121**

***SEED TO SUPPER** Join this 6-week series hosted by NMSU to learn about growing a garden in New Mexico. **1301 Wyoming Blvd. NE, ABQ, NM 87112**

***SERIE DE JARDINERIA/SEED TO SUPPER** Join this 6-week series hosted by NMSU to learn about growing a garden in New Mexico. **3630 Las Estancias Dr. SE, ABQ, NM 87121**

Active Living Classes:

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 is ideal for anyone who has limited physical ability, chronic pain or disease, joint instability or mobility issues.

YOGA FOR NEW BEGINNINGS Participants work on posture, balance, improving back pain, and reducing stress levels through guided meditation.

ZUMBA Exercise in disguise in this 60-minute high-intensity dance party!

WARRIOR I/II 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! Meet 2x/week for 8 weeks to unleash the Warrior in you!

Self-Management Classes:

CHRONIC PAIN SELF-MANAGEMENT This 6-week program is designed to help participants learn how to better manage chronic pain with topics on using your mind, moving easy program (MEP), dealing with difficult emotions.

DIABETES SELF-MANAGEMENT This 6-week program is for adults who have Type 2 diabetes. Topics include monitoring blood sugar levels, problem solving, dealing with difficult emotions, and foot care.

CHRONIC DISEASE SELF-MANAGEMENT This 6-week self-management program is for adults who are living with 1 or more chronic health conditions including arthritis, pain, asthma, cancer, HIV, diabetes, high blood pressure, or heart disease.

***Clases ofrecidas en persona, virtuales o por teléfono**

***Las clases son gratuitas y abiertas al público**