

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

MAY 2026 CLASS SCHEDULE/HORARIO DE CLASES MAYO 2026

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
	<p>*Food for Mood May 19 10:30-12:30 pm</p>	<p>Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am</p>	<p>*Let's Cook with Sprouting Kitchen May 14 10:00-12:00 pm</p>		<p>Yoga for Stress Relief Every Saturday 10:00-11:30 am</p>
	<p>Sprouting Kitchen Virtual Cooking May 12 5:00-6:00 pm</p>	<p>*Cooking with Community/ *Cocinar por Comunidad May 20/Mayo 20 12:00-2:00 pm</p>	<p>Chair Fitness Yoga Every Thursday 10:00-11:00 am</p>	<p>*Kids Cook! First Friday Night May 1 5:00-6:30 pm</p>	
	<p>*Baking Basics May 26 10:00 am-12:00 pm</p>	<p>*Mediterranean Cooking May 6 1:30-2:30 pm</p>		<p>*Friday Night Social May 8 5:00-7:00 pm</p>	



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

***Mediterranean Cooking** Please join us for a Mediterranean cooking class. Plan healthy meals and learn 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**

***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!

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Food for Mood** Learn about foods that support brain power and lowering stress. Cook for calm with hands-on recipes in this 2-hour special session. **1301 Wyoming Blvd. NE, Albuquerque, NM 87112**

***Cooking with Community** 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

***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.

1301 Wyoming Blvd. NE, ABQ, NM 87112

Virtual Classes:

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 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.



***Clases ofrecidas en persona o virtuales.**

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

For more free classes and resources, visit:

www.phs.as.me/healthplanplace