

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

DECEMBER 2025 CLASS SCHEDULE/HORARIO DE CLASES DICIEMBRE 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			
	*Cooking with Gratitude Dec 2 10:00-12:30 pm				Yoga for Stress Relief Every Saturday 10:00-11:30 am
	*Fun with Kitchen Cookers Dec 18 10:00-12:30 pm	*Wellness Cooking with Sprouting Kitchen Dec 10 12:00-1:30 pm	Chair Yoga for All Every Thursday 10:00-11:00 am	*Kids Cook! First Friday Night Dec 5 5:00-6:30 pm	*Holiday Family Yoga in PJs Santa Fe Dec 13 11:00-12:00 pm
	Sprouting Kitchen Virtual Cooking Dec 16 5:00-6:00 pm			*Friday Night Social Dec 19 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

***Cooking with Gratitude** Feeling stressed this time of year? Slow down and join this hands-on cooking session to get grounded and connect with others through the practice of gratitude and journey of food to your plate.

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Fun with Kitchen Cookers** Join in to play with kitchen toys! Are you intimidated of pressure cookers? Is your slow cooker collecting dust? Join this session to learn how these special kitchen tools work, try recipes, and leave with future cooking ideas that are tasty, warming, and make cooking a breeze. **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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***Wellness Cooking 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

***SPECIAL Holiday Family Yoga in Pajamas Santa Fe**

Join Presbyterian Community Health for this free, fun, family-friendly event with yoga. Come wearing your favorite pajamas and build memories together with a guided holiday yoga session.

4801 Beckner Road, Santa Fe, NM 87507

***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



Healthcare Foundation

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 Yoga for All 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.

Infused Water
Citrus Apple Cider

2 Cinnamon sticks or 1 tsp powdered
1 Orange Thinly Sliced
1 Green Apple Thinly Sliced
2 Pears thinly sliced (can substitute for canned)
1 Grapefruit cut and peeled (or 1/2 cup canned)
8 Cups Cool Filtered Water

Serving Size: 1 cup
Servings: 8

Place in the fridge and allow ingredients to infuse for 2 hours

Benefits

CINNAMON CAN HELP WITH BLOOD SUGAR MANAGEMENT

***Consume within 3 days for peak freshness**