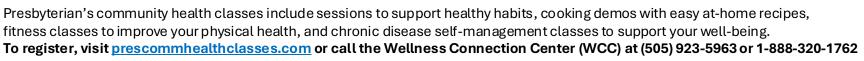
## PRESBYTERIAN COMMUNITY HEALTH CLASS SCHEDULE HORARIO DE CLASES DE SALUD DE LA COMUNIDAD PRESBYTERIAN



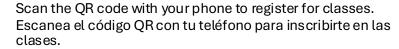


Las clases de salud comunitaria de Presbyterian incluyen sesiones para apoyar hábitos saludables, demostraciones de cocina con recetas fáciles en el hogar, clases de acondicionamiento físico para mejorar su salud física y clases de autocontrol de enfermedades crónicas paraapoyar su bienestar.

Para registrarse, visite a prescommhealthclasses.com o llame al Wellness Connection Center (WCC) al (505) 923-5963 o or 1-888-320-1762

DECEMBER 2025 CLASS SCHEDULE/HORARIO DE CLASES DECIEMBRE 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	<b>Chair Yoga for All</b> Every Thursday 10:00-11:00 am	*Kids Cook! First Friday Night Dec 5 5:00-6:30 pm	*Holiday Famili 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!

1301 Wyoming Blvd. NE, ABQ, NM 87112

\*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



## 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.

