

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.

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.

AUGUST 2025 CLASS SCHEDULE/HORARIO DE CLASES AGOSTO 2025

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
	*Cooking for Kidney, Gut, & Liver Health Aug 5 & 12 10:30 am-12:30 pm	Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am	Chair Yoga for All Every Thursday 10:00-11:00 am		
		*Blood Pressure Self-Monitoring Program Aug 6 9:30-11:30 am	*Programa de Autocontrol Presión Arterial Aug 7 9:30-11:30 am	*Kids Cook! First Friday Night Aug 1 5:00-6:30 pm	Yoga for Stress Relief Every Saturday 10:00-11:30 am
		*Garden Cooking with Sprouting Kitchen Aug 13 9:00 am- 12:00 pm	*Blood Pressure Self-Monitoring Program Aug 14 9:30-11:30 am	*Friday Night Social Aug 22 5:00-7:00 pm	
Warrior II Fitness Challenge Aug 18-Sept 22 5:30-6:30 pm	Sprouting Kitchen Virtual Cooking Aug 12 5:00-6:00 pm	Warrior II Fitness Challenge Aug 20-Sept 24 5:30-6:30 pm	*Santa Fe Wellness Cooking with Sprouting Kitchen Aug 20 12:00-1:30 pm		
			*Bone Health Santa Fe Aug 28 10:00-11:00 am		



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. Recipes: Ratatouille & Caprese Salad

2401 12th St NW, Albuquerque, NM 87104

***Blood Pressure Self-Monitoring Program** This program will teach you how to eat to lower blood pressure and monitor it at home. You will also receive one-on-one support from our Healthy Heart Ambassador.

August 6, 2025: 1301 Wyoming Blvd NE, ABQ, NM 87112

August 14, 2025: 3630 Las Estancias Dr. SW, ABQ, NM 87121

***Programa de Autocontrol Presión Arterial** Este programa le enseñará cómo comer para bajar la presión arterial y controlarla en casa. También recibirá apoyo personalizado de nuestro Embajador de Corazón Saludable. **3630 Las Estancias Dr. SW, ABQ, NM 87121**

***Friday Night Social** Decompress and relax at this social event. Join in for an activity in writing a haiku poem and making sushi and spring rolls. **1301 Wyoming Blvd. NE, ABQ, NM 87112**

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

4801 Breckner Rd, Santa Fe NM 87507

***Cooking for Kidney, Gut, & Liver Health** Join registered dietitian Ashley Dunworth as you cook hands-on in the teaching kitchen in this 3-series class and learn practical ways to use food to nourish your body with a focus on gut, liver, and kidney health.

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Bone Health Santa Fe** Please join us for a class on bone health ONE DAY ONLY. Embrace a bone healthy lifestyle and learn exercises for fall prevention. Participants will receive \$20 in produce vouchers for use at the Santa Fe Farmers Market Del Sur on Tuesdays, July 1st-

September 30th **Presbyterian St. Michaels PMG Community Room**

454 Saint Michaels Drive Santa Fe NM 87505

***Garden Cooking with Sprouting Kitchen** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce outdoors! Family-friendly, children are welcome with supervision.

Rio Grande Food Pantry 600 Coors Blvd. NW, ABQ, NM 87121

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 The month of June will focus on Mental Health awareness month with healing and spiritual practices.

Warrior II Fitness Challenge Build your Warrior skills by joining the second level of Warrior II fitness. Continue to grow on your fitness journey with guided exercise to increase strength, energy, and reduce stress. Gain personal support with 1:1 assessments that will help you become a fitness warrior! Classes on Monday and Wednesday evenings.

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.**