

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

AUGUST 2026 CLASS SCHEDULE/HORARIO DE CLASES AGOSTO 2026

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sábado
	*Baking Basics August 4 11-12:30 pm	Yoga for Health & Well-Being Every Wednesday 9:30-10:30 am	Chair Fitness Yoga Every Thursday 10:00-11:00 am	*Kids Cook! First Friday Night August 7 5:00-6:30 pm	Yoga for Stress Relief Every Saturday 10:00-11:30 am
	*Smart Moves Healthy Family (Bilingual- English/Spanish) August 11-October 15 Tuesdays 6-8 pm Thursdays 6-7 pm	*Fresh & Flavorful First Wednesday 3-4 pm		*Friday Night Social August 14 5:00-7:00 pm	*Water Bath Canning 101 August 22 10-11:30 am
	Shopping Healthy on a Budget August 18 12:00-1:00 pm	*Let's Cook with Sprouting Kitchen August 12 3:00-5:00 pm			*Sprouting Kitchen at Chispas Farms August 29 10-12 pm
	Sprouting Kitchen Virtual Cooking August 18 5:00-6:00 pm				
	*Cooking with Community/ Cocinar por Comunidad August 25 12:00 pm-2:00 pm				



CLASS DESCRIPTIONS/DESCRIPCIONES DE LAS CLASES

In-Person Classes:

***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

***Sprouting Kitchen at Chispas Farm** Join registered dietitian Fallon Bader for hands-on cooking class! Participants will cook tasty and nutritious recipes using farm-fresh produce! Family-friendly, children are welcome with supervision. Class is bilingual in English and Spanish.

229 Saavedra Rd SW, Albuquerque, NM 87105

***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

***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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***Fresh & Flavorful** In this cooking demo, you will learn how to cook with fresh fruits and vegetables, various cooking tips, and nutritional benefits of these wonderful foods!

1301 Wyoming Blvd. NE, ABQ, NM 87112

***Cooking with Community/Cocinar por Comunidad** 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

***Water Bath Canning 101** Join us to learn how to water bath can goodies from your garden, with a presentation from Master Food Preservers and hands on learning! Take home your own jar of fruit jam!

1301 Wyoming Blvd. NE, ABQ, NM 87112

In-Person Classes:

***Kids Cook! First Friday** Provide hands-on experiential learning for elementary and middle school students and their families.

2401 12th St NW, Albuquerque, NM 87104

***Smart Moves Healthy Families** The 10-week program for the whole family, kids ages 8-16 years old (younger siblings welcome), to build memories together while learning healthy habits, cooking hands-on, and getting active with fun games and prizes. Class meets Tuesday and Thursday evening.

3630 Las Estancias Dr. SW, ABQ, NM 87121

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 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.

Shopping Healthy on a Budget Take a live tour through a local grocery store and learn simple ways to shop healthy on a budget.

***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