

FREE Nutrition Cooking Classes



Join Fallon Bader RD for FREE education and cooking classes designed to support healthy food and lifestyle choices. All classes open to the public. Recipes are budget-friendly, easy to make, and delicious!

Time: 11:00 am- 1:00 pm

Dates:

January 9th and 23rd
February 6th and 20th
March 5th and 19th
April 2nd, 16th and 30th

For more information
contact:
Ashley Dunworth
adunworth@phs.org
505-559-6656

**To register, call Wellness Referral Center at
(505) 445-5332**

PMG Las Estancias
3630 Las Estancias Dr. SW
Albuquerque, NM 87121
Community Kitchen



This community
kitchen and events are
made possible by:



RENAL MEDICINE ASSOCIATES

 **PRESBYTERIAN**
Healthcare Foundation

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Community Health