

VIRTUAL COMMUNITY HEALTH CLASSES

Presbyterian's online platform of community health classes includes sessions to support healthy habits, cooking demos with easy at-home recipes, and fitness classes to improve your physical health and mental well-being.

You are Registered for: _____

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Class Date(s): _____ Class Time: _____

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MARCH 2021 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sunday Morning Gentle Yoga Every Sunday 11 a.m.-12 p.m. REGISTER NOW!</p>	<p>Mantra Monday Every Monday 8 am – 9 am. Call Wellness Referral Center to register 505-445-5332</p>	<p>Healthy Lifestyle Cooking Class 3/2, 3/9, 3/16, 3/23 12 p.m.-1 p.m. REGISTER NOW!</p> <p>Family Support & Resiliency Workshops 3/9 & 3/23 5:30 pm – 6:30 pm REGISTER NOW!</p> <p>Clase de Cocinar 3/2 & 3/16 6 pm – 7 pm REGISTER NOW!</p> <p>La Alimentación Emocional 3/9 & 3/23 6 pm-7 pm REGISTER NOW!</p> <p>Cooking Matters Family Class- No more mealtime madness! 3/16 5 pm- 6:00 pm REGISTER NOW!</p>	<p>Adult Yoga for Strength and Resiliency Every Wednesday 12 p.m.-1 p.m. REGISTER NOW!</p> <p>Cooking Matters Family Class (Spanish): Drink to your Health 2/17 6 pm- 7:00 pm REGISTER NOW!</p>	<p>Chair Yoga Every Thursday 10 am – 11 am REGISTER NOW!</p> <p>Juggling 101 Every Thursday 4 pm – 5 pm Call Wellness Referral Center to register 505-445-5332</p> <p>Yoga for Kids and Teens(ages 5 and up) Every Thursday 4:30 p.m.-5 p.m. REGISTER NOW!</p> <p>Sprouting Kitchen Dinner Series Every Thursday 5 p.m.- 6 p.m. REGISTER NOW!</p>	<p>First Friday Winter Garden Class: 3/5 10 a.m.-11 a.m. REGISTER NOW!</p> <p>Zumba 3/5 at 4 pm 3/12-3/26 at 10 am REGISTER NOW!</p> <p>Mindfulness Mash Up Every Friday 2 p.m. to 3 p.m. Call Wellness Referral Center to register 505-445-5332</p>	    

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Healthcare Foundation

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Community Health



For more information about classes, or help with registering, call the Wellness Referral Center 505-445-5332

All online classes are scheduled through Zoom. Before the day of the class, you must click the link to register. After registering, you will receive a confirmation email with information about how to join the class at its scheduled time.

CLASS DESCRIPTIONS

ADULT YOGA FOR STRENGTH & RESILIENCE Do you want to try yoga but think it's only for the young and flexible? Want to work on your posture, improve your balance and lower your stress level? Then this class is for you! Join instructor Meghan Bass-Petti via Zoom to experience foundational yoga postures, joint mobility and stress relief, and an introduction to guided meditation.

HEALTHY LIFESTYLE COOKING CLASS Join this special virtual series for fun and healthy online learning! Each one-hour class will cover practical nutrition tips with a fun food demo. Receive new recipes weekly, all from the comfort of your own home.

ZUMBA! There are a lot of ways to stay active and reduce stress – some are just more fun! Join the fitness party online with instructor Ashley Dunworth for high-intensity cardio, exercise in disguise and fun dance moves.

COOKING CLASS IN SPANISH/CLASE DE COCINAR Join dietitian Patrick West for virtual cooking classes in Spanish. Learn new easy recipes that support a healthy lifestyle, boost immunity and help decrease stress./Unirse al dietista Patrick West para clases de cocina virtual en español. Aprende nuevas recetas fáciles que apoyan un estilo de vida saludable, aumentan la inmunidad y ayudan a disminuir el estrés.

SPROUTING KITCHEN EVENING COOKING CLASS Join registered dietitian Fallon Bader for a special virtual cooking series. Each one-hour class will cover practical cooking tips during a fun food demo. Once you sign up, we'll send you the recipe prior to the class so you can cook along with Fallon if you'd like!

YOGA FOR TEENS AND KIDS (AGES 5 AND UP) Looking for something fun and physical for your child or teen to do over summer break? Have them join yoga with Meghan Bass-Petti to learn foundational yoga skills, increase flexibility, relax and have fun!

MINDFULNESS MASHUP Join instructor Oriana Lee (Coach O) for different mindfulness practices including breathwork, movement, and art centered activities to increase wellbeing and support healthy quality of life.

EMOTIONAL EATING CLASS/LA ALIMENTACION EMOCIONAL Most of us know that what we eat is a very important aspect of maintaining good health and the other half of the story is who we are when we eat is just as important. Let's dive into the emotional and mental aspects that affect our health and how we can use this information to optimize the way we eat for the best health and wellness./La mayoría de nosotros sabemos que lo que comemos es un aspecto muy importante para mantener la buena salud y la otra mitad de la historia es lo que somos cuando comemos es igual de importante. Vamos a profundizar en los aspectos emocionales y mentales que afectan nuestra salud y cómo podemos utilizar esta información para optimizar la forma en que comemos para la mejor salud y bienestar.

GENTLE SUNDAY YOGA Enjoy a gentle yoga practice and guided relaxation to decrease stress while increasing muscle strength and joint mobility. Quiet your mind by focusing on breath and body awareness, soothe mental and physical tension through guided relaxation, increase circulation to boost immunity and strengthen muscles, increase flexibility, and improve bone health.

CHAIR YOGA Chair yoga is ideal for anyone who has limited physical ability, chronic pain or disease, joint instability or mobility issues. Gentle movement and breathing practices are taught while seated in a chair to improve strength, flexibility, coordination and mental clarity while reducing stress and anxiety. This class is perfect for those who want to enjoy the many positive benefits of yoga but are unable to move up and down from the floor, or have difficulty with the pace and movements of a traditional yoga class.

FAMILY SUPPORT AND RESILIENCE WORKSHOPS Learn about stress reduction, strengthening family relationships, establishing healthy boundaries, parenting/online school challenges, finding more peace in difficult times, and other topics that are pertinent to living in a time of uncertainty and rapid change.

JUGGLING 101 Participants will learn and practice basic juggling skills as fun, mindful movement and meditation that can help to relieve stress and anxiety, while offering additional benefits to both the brain and the body, improving overall well-being.

COOKING MATTERS FAMILY CLASS Join and cook along in this new family class (taught in both English and Spanish) and learn about healthy ways to eat and cook together!