

COOKING FOR HEALTH!

MONTHLY COOKING CLASS
TOPICS: HEALTHY COOKING NUTRITION
MANAGEMENT & PREVENTION OF
CHRONIC DISEASE



Child Wellness Program

- Kids Class Includes:**
- Nutrition & Active Living
 - Healthy Snacks
 - Hands on Learning
 - Smoothie Bike
 - Fun Educational Activities
 - Bilingual Classes

Free Classes Include:

- ❖ Doctor led health and nutrition discussions
- ❖ Cooking demonstrations on healthy, quick & tasty recipes
- ❖ Free samples, recipes, nutritional information & take home a bag of locally grown fruits & vegetables
- ❖ Movement and breathing exercises
- ❖ Children's Wellness Program for kids of all ages/free childcare
- ❖ Bilingual classes & materials
- ❖ Information on community resources

2020 Class Dates

(All times are 10 am to 12 noon)

February 15 th	July 25 th
March 28 th	August 29 th
April 25 th	September 19 th
May 16 th	October 24 th
June 27 th	November 21 st

Location: Clinic Classroom
First Choice Community Healthcare
South Valley Health Commons
2001 N. Centro Familiar SW
Albuquerque, NM 87105

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