

SAVE THE DATES!

Eat Healthy: Kitchen Creations
4 weeks

Wednesdays, April 5-April 26
9:00 AM-12:00 PM

Food Preservation: Canning the Harvest COMING in June & Aug.

Jams & Jellies, Pickles, Salsa, Fruit and Tomatoes, Pressure Canning, Freezing and Drying

Slim and Strong: Tuesdays, April 4 and May 9 - 9:30-11:00 AM

TWO EASY WAYS TO REGISTER:

- *EMAIL bernalillo@nmsu.edu providing your name, address, email, phone numbers and which class(es) you would like to sign up to attend.*
- *CALL 505-243-1386 and provide the above information to the receptionist.*

LAB FEE PAYMENTS are due at the time of registration and can be made with cash, check, or credit card.

Inclement weather policy: BCCES classes follow the APS snow schedule. If school is closed, our classes will be cancelled. If there is a 2 hour delay, we will begin at 10:00 AM.



1510 Menaul Ext. Bvd NW
Albuquerque, NM 87107-1026

Phone: 505-243-136
Fax: 505-243-1545
Website: bernalilloextension.nmsu.edu



If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please call (505) 243-1386.

NMSU Bernalillo County Cooperative Extension Service

WINTER 2017 Family and Consumer Sciences Programs



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FOOD

Eat Healthy: National Diabetes Prevention Program (NDPP) 16 weeks

*Thursdays, Jan 26-May 11
9:00-10:00 AM*

**Extension Office Lab Fee: FREE
(Pre-registration is required)**

Have you been told you are pre-diabetic and at risk for developing diabetes? The good news is that through a few simple lifestyle changes you can greatly increase your chances of avoiding diabetes. This 16 week class will allow you to learn, practice, and implement the needed changes into your unique lifestyle.

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*Wednesdays, Feb 1-Feb 22
9:00 AM-12:00 PM*

**Extension Office Lab Fee: FREE
(Pre-registration is required)**

This informative and very practical series of cooking classes is helpful and fun! Learn how to effectively manage

your diabetes from a registered dietician and get hands on experience in the kitchen from a Home Economist.

Eat Healthy: Diabetic Dining, Enjoying Fish - Wed, March 15 9:00-11:30 AM

**Extension Office Lab Fee: \$10.00
(Pre-registration is required)**

Learning to prepare and enjoy fish is a great way to get lean healthy protein into your diabetic diet. Join us as we get hands on experience preparing some delicious fish dishes.

FITNESS

Slim and Strong 4 weeks Tuesdays, Feb 7-Feb 28 9:30-11:00 AM

**Extension Office Lab Fee: \$15.00
(Pre-registration is helpful but not required)**

Losing your grip on life, literally? Tired of dieting? Want to be more active and enjoy a better quality of life? Attend this series to get practical ideas on how you can craft a healthier lifestyle. Enjoy the informal community of others on the same journey.

FAMILY

Couples Cook: The 5 Love Languages - Fri, March 3 6:00-9:00 PM

**Extension Office Lab Fee: \$15.00
per couple (Pre-registration is required)**

Looking for a fun date night idea? Enjoy an evening of hands on learning how to create delicious and fast meal ideas for your busy week. Then enjoy dessert and an interactive workshop designed to help you and your partner discover each others love language. This workshop will explain the five love languages, what they mean, and how you can use them to effectively communicate love to those in your life.

