

## THRIVE!

A Wellness Conference for Creating & Maintaining Health, Happiness & Courage

### Keynote Speakers:

Thursday evening, Oct 18

Key Practices for a Healthy, Happy & Courageous Life-Dr. Raquel Garzon

Friday morning, Oct 19

The 7 Successful Habits Everyone Should Implement-Dr. Bryce Jorgensen

### Choose From Relevant Workshops:

Thursday evening

*The Productivity Factor  
Chocolate Therapy  
Re-Purpose and Redecorate  
Listen to Me! Communication Tips  
Cooking: Instapot/Airless Fryer  
Benefits of Fermentation*

Friday morning

*Banking Safely in Today's World  
Cooking: Instapot/Airless Fryer  
Living With Loss  
Aging in Place in Your Home  
Managing Arthritis  
Eating Healthy for Mind & Body*

**For tickets: \$15 one event/\$25 both  
(Dinner and Lunch included)**

•call (505) 243-1386

•register online at

<http://thrive2018.ezregister.com>

## SAVE THE DATES in 2019!

National Diabetes Prevention Program  
*Albuquerque: Tuesdays, January 15-April 30  
East Mountains: Thursdays, January 17-May 2*

### Kitchen Creations

*Albuquerque: Wednesdays, Feb 6, 13, 20, 27  
Albuquerque: Wednesdays, April 3, 10, 17, 24*

Healthy You: Weight Management & Mindful Eating Program  
*Dates TBA*

### Pre-Registration Required for all classes

#### TWO EASY WAYS TO REGISTER:

- *EMAIL [bernalillo@nmsu.edu](mailto:bernalillo@nmsu.edu) providing your name, address, email, phone numbers and which class(es) you would like to attend.*
- *CALL 505-243-1386 providing the above info*

*LAB FEE PAYMENTS: You will be contacted two weeks prior to the class date for payments. Cash, check, or credit cards are accepted. Fees are non-fundable.*



All About Discovery!™

**College of Agricultural, Consumer and Environmental Sciences**

Cooperative Extension Service  
Bernalillo County Extension Office

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

Phone: 505-243-1386

Fax: 505-243-1545

[bernalilloextension.nmsu.edu](http://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

**FALL 2018**

Family & Consumer Sciences Programs

## THRIVE!

A Wellness Conference for Creating & Maintaining Health, Happiness & Courage



**Thurs, Oct 18 6:00-8:30pm**

**Fri, Oct 19 9:00am-12:15pm**

**One Event \$15/Both \$25**

Cindy Schlenker-Davies, BCCES Director  
[csdavies@nmsu.edu](mailto:csdavies@nmsu.edu)

Dianne Christensen, Family and Consumer Sciences Agent  
[diannecc@nmsu.edu](mailto:diannecc@nmsu.edu)

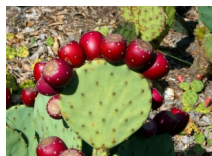
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## FOOD

### Harvesting and Preserving Prickly Pears

Wednesday, Oct 3  
9:00 AM-12:00 PM



Extension Office - Lab  
Fee: \$10.00

Learn how to harvest and juice prickly pears to enjoy for jams, pickles, and relishes.

### DASH & MIND Diets

Wednesday, November 7  
9:00 AM-12:00 PM

Extension Office - Lab Fee: \$10.00

The next in our series of current healthy diets, we will be learning how the DASH and MIND diets can help you eat nutritiously for physical and mental well being.

### Holiday Baking: Breads

Wednesday, December 5  
9:00 AM -12:00 PM

Extension Office - Lab Fee: \$10.00

Delighting family and friends with home-made breads is a treat any time of the year but especially around the holidays. Come learn the basics of baking bread and rolls.



## HEALTH & WELLNESS

### Chronic Disease Self-Management Program (CDSMP)

Fridays, Sept 7-Oct 12  
1:00-3:30 PM

Roadrunner Food Bank (5840 Office Blvd NE)  
Lab Fee: FREE

Six workshop sessions geared for adults and caregivers desiring to learn how to self-manage their chronic disease. Classes include handling difficult emotions, communication tools, decision making, nutrition, action planning, and more.

### National Diabetes Prevention Program: Native Lifestyle Balance

Tuesdays, Aug 21- Dec 4  
11:30 AM-12:30 PM

To'Hajiilee Diabetes Center - Lab fee: FREE

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. Geared to the Native American lifestyle, the initial 16 weekly classes will allow you to learn, practice, and implement the needed changes into your unique lifestyle while enjoying the support and encouragement from a coach and supportive group. Monthly meetings through August 2019 will help you stay on track!.



### Kitchen Creations Type 2 Diabetes Cooking School

Thursdays, Oct 11, 18, 25, Nov 1  
(Extension Office)  
Wednesdays, Oct 10, 17, 24, 31  
(Roadrunner Food Bank)  
9:00 AM-12:00 PM

Lab Fee: FREE

This informative and very practical series of cooking classes are helpful and fun! Learn how to effectively manage your diabetes from a registered dietitian and get hands on experience in the kitchen preparing healthy recipes from a Home Economist.

