

SAVE THE DATES!

Bernalillo County 4-H Fair

July 29-August 3

Kitchen Creations

Tuesdays, October 9, 16, 23, 30

9:00 AM-12:00 PM

THRIVE Wellness Conference

Friday morning, Oct 18

Saturday morning, Oct 19

National Diabetes Prevention Program

Beginning January 2020

**Pre-Registration Required for
all classes**

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 providing the above information to the receptionist.

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

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.



All About Discovery!™
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Bernalillo County Extension Office

1510 Menaul Ext. Bvd NW
Albuquerque, NM 87107-1026
Phone: 505-243-1386
Fax: 505-243-1545
bernalilloextension.nmsu.edu

New Mexico State University is an equal opportunity/affirmative action employer and educator, NMSU and the U. S. Department of Agriculture cooperating.



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

SUMMER 2019
Family and Consumer
Sciences Programs

*Embrace Summer
Wellness*



Cindy Schlenker-Davies, BCCES Director
csdavies@nmsu.edu
Dianne Christensen, Family and Consumer Sciences Agent
diannecc@nmsu.edu



Health & Wellness

Chronic Disease Self-Management Program

Thursdays, June 13-July 25
(Skipping July 4)
12:00-2:30 PM

Tijeras Senior Center FREE
(Pre-registration is required)

Living with a chronic disease like diabetes, arthritis, high blood pressure? This program will assist you in improving your physical and emotional health by helping you gain self-confidence in your ability to manage your symptoms and improve the quality of your life.

Keys to Embracing Aging ***Tues, Aug 20 9:00AM-12:00PM***

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

Keys to Embracing Aging is an interactive program that highlights 12 keys aimed at helping you grow old gracefully, successfully, and with increased longevity. It addresses attitude, nutrition, activity, brain health, social activity, technology, safety, medical literacy, stress management, financial security, sleep, and taking time for yourself.



Food

Healthy Cooking For 1 or 2 ***Wed, June 19 9:00 AM-12:00 PM***

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

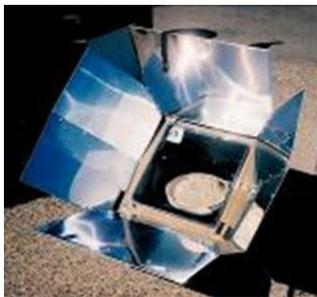
Households change over time and you may find it challenging to cook healthy and delicious meals for 1 or 2 people. Attend this class for fresh motivation and new ideas in mastering cooking smaller portions.

Solar Cooking

Friday, July 12 10:00 AM-12:00 PM

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

With an average of only 5 totally overcast days per year, New Mexico is the perfect place for solar cooking. Solar Cooking can be performed in a variety of ways and with a variety of objects, many of which you already have at home, or you can use a professionally constructed appliance. Presenter Rose Marie Kern wrote the nation's most popular solar cookbook, *The Solar Chef*.



Summer Salads

Wed, July 24 9:00 AM-12:00 PM

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

Summers' bounty of produce gives endless options for delicious salads. Beginning with a tour of the Extension Garden by the horticulture agent, we will then head into the kitchen to create a variety of salads from different ingredients, many from the garden.

Food Preservation

Wed, June 12 Jam and Jellies

Wed, June 26 Water bath canning basics

Thurs, June 27 Pressure canning basics

Wed, Aug 7 Freezing and Drying

Wed, Aug 14 Jam and Jellies

Fri, Aug 16 Pickles and Salsas

Wed, Aug 21 Fruit and Tomatoes

Thurs, Aug 22 Pressure Canning Veggies

All classes 9:00 AM-12:00 PM
Extension Office Lab Fee: \$15.00
(Pre-registration is required)

Preserving the harvest is a rewarding and fun experience! Plan to attend to learn how to easily and safely preserve summer's bounty of fruits and vegetables.

