

SAVE THE DATES!

Kitchen Creations 4 weeks

Wed, April 3, 10, 17, 24

9:00 AM-12:00 PM



Food Preservation Classes

June /August

**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

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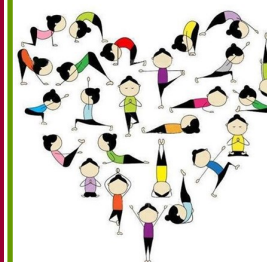


If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please call (505) 243-1386.

NMSU Bernalillo County Cooperative Extension Service

WINTER 2019 Family and Consumer Sciences Programs

Flourish!



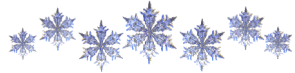
health is a
relationship
between
you and your
body.



Choose
Health



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



Health & Wellness

Fit for Life

Wed, January 9, 16, 23, 30

9:30-11:00 AM

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

Motivated to reach new wellness goals this year? Research tells us being fit aerobically, increasing strength, agility, balance, and flexibility give us increased quality of life and wellness. Attend this four week program geared to beginners to understand these important areas of fitness and practice exercises designed to increase your overall fitness. Receive free helpful tools with each session. You will be assessed at the beginning and end of the program with a series of simple fitness markers so you can see what a difference four weeks can make!

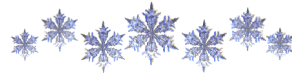
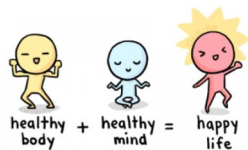
Kitchen Creations 4 weeks

Wednesdays, Feb 6, 13, 20, 27

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.



National Diabetes Prevention

Program (NDPP) 16 weeks

NEW! *TWO locations/times*

Albuquerque:

Tuesdays, Jan 15-April 30

9:00-10:15 AM

Extension Office Lab Fee: FREE

East Mountains:

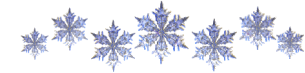
Thursdays, Jan 17-May 23

9:00-10:15 AM

Location: TBA 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. 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 January 2019 will help you stay on track!



Food

Healthy Cooking For 1 or 2

Wed, March 20

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.



Master Food Preservation

The NMSU Cooperative Extension Master Food Preservation program trains individuals to become food preservation educators in their communities. The course uses researched-based methods and information along with hands-on experience to train volunteers on proper food preservation techniques.

If you are a canner and would like to help others learn food preservation skills, this program might be a great fit for you. For more information and an application, please contact Cindy Schlenker-Davies at csdavies@nmsu.edu.

