

SAVE THE DATES!

Kitchen Creations Extension Office

Wed, April 3, 10, 17, 24

9:00 AM-12:00 PM



Kitchen Creations Tijeras

Thurs, April 4, 11, 18, 25

12:00-3:00 PM

**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 3 weeks prior to the class date for payments. Cash, check, or credit cards are accepted.

NEW: If payment is not received 7 days prior to the class date, your slot will be given to the wait list. 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
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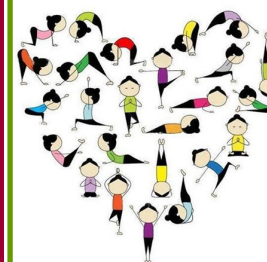


If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please call (505) 243-1386.

NMSU Bernalillo County Cooperative Extension Service

WINTER 2019 Family and Consumer Sciences Programs

Flourish!



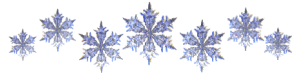
health is a
relationship
between
you and your
body.



Choose
Health



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

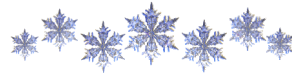
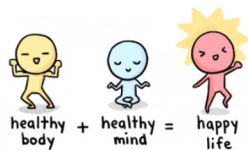
Kitchen Creations 4 weeks

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*

FREE (Pre-registration is required)

Albuquerque:

Tuesdays, Jan 15-April 30

9:00-10:15 AM

Extension Office

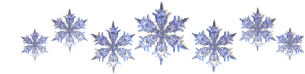
Tijeras:

Thursdays, Jan 17-May 2

9:00-10:15 AM

Vista Grande Community Center

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 2020 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.

