Health & Wellness

**DIABETES SELF-MANAGEMENT PROGRAM - 6-SESSIONS**

Wednesdays, 9 AM-11:30 AM
May 6, 13, 20 & June 3, 10, 17
Albuquerque - Extension Office

Six sessions designed for those with diabetes or pre-diabetes. Topics will cover how to monitor and positively manage your chronic disease with healthy eating, menu planning, activity, dealing with difficult emotions, and relaxation techniques.

*COST: Free*
RSVP Required: Call 505-243-1386, or email bernalillo@nmsu.edu

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**12 KEYS TO EMBRACING AGING - WORKSHOP**

Thursday, July 23, 9 AM -11:30 AM
East Mountains - Tijeras Sr. Center

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.

*COST: Free*
RSVP Required: Call 505-243-1386, or email bernalillo@nmsu.edu

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**GROWING AND COOKING WITH HERBS AND SPICES - COOKING CLASS**

Thursday, April 16, 9 AM-12 PM
Albuquerque - Extension Lab

Growing and cooking with herbs can be fun and rewarding. Learn about herbs and spices, their flavors, and how to use them in food preparation.

*COST: $10 Lab Fee (pre-paid in advance)*
RSVP Required: Call 505-243-1386, or email bernalillo@nmsu.edu

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**COOKING WITH AIR FRYERS - COOKING CLASS**

Tuesday, June 16, 9 AM-12 PM
Albuquerque - Extension Lab

Curious about the newest kitchen appliance – Air Fryers? Come to this informative class to learn more and try some new, delicious recipes.

*COST: $10 Lab Fee (pre-paid in advance)*
RSVP Required: Call 505-243-1386, or email bernalillo@nmsu.edu

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**Limited Class Sizes**

**Step 1: Reserve Your Spot**
- **EMAIL:** bernalillo@nmsu.edu
  - Subject Line: Class Name & Dates.
  - Email Body: Please provide your name, mailing address, email address, & phone number(s).
- **OR CALL:** 505-243-1386
  - Please provide the same information as above.

**NOTE:** Once reservations reach class limits, we use a Waiting List; we’ll contact you if anyone cancels.

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**Step 2: Confirm (2 weeks prior) and Pre-Pay (for those classes with a fee)**
- We will contact to confirm two weeks prior to class start date.
- Applicable pre-payments accepted in the form of a check (*payable to “NMSU”*), a credit card, or cash.

Fees are non-refundable, but are transferable as a credit.

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Schedules are subject to change. Please check the website and/or call the office for updates.
# Summer Food Preservation

**TIMES:** 9 AM – 12 PM  
**LOCATION:** Albuquerque - Extension Lab  
**COST:** $15 per class, pre-paid  
**RESERVE:** Call 505-243-1386, or email bernalillo@nmsu.edu

## Contact Us

**Monday – Friday**  
8 AM - 12 PM and 12:30 PM - 4:30 PM  
**Phone:** 505-243-1386  
**Fax:** 505-243-1545  
https://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

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**CANNING JAM & JELLY**  
Wednesday, July 15

**CANNING PICKLES & SALSA**  
Thursday, July 16

**WATER BATH CANNING FRUIT & TOMATOES**  
Tuesday, July 21

**PRESSURE CANNING**  
Thursday, July 23

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**NEWS & EVENTS**

**OFFICE HOLIDAY CLOSURES:**  
Friday, April 10 – Spring Break  
Monday, May 25 – Memorial Day

**NEW MEXICO FERMENTATION FESTIVAL:**  
Sunday, May 17, 10 AM-5 PM,  
Los Ranchos  
Agri-Nature Center. Just announced; check our website for more information:  
https://bernalilloextension.nmsu.edu

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**NMSU / Bernalillo County Cooperative Extension Services**  
1510 Menaul Blvd Extension NW  
Albuquerque, NM 87107

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**WARM WEATHER WELLNESS**

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**Spring & Summer 2020**

**Family & Consumer Sciences Programs**

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**NMSU-Bernalillo County Cooperative Extension Services**