

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

Health & Wellness

DIABETES SELF-MANAGEMENT PROGRAM - 6-SESSIONS

Wednesdays, 9 AM-11:30 AM

May 16, 23, 30 & June 6, 13, 20, 27 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

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

Food & Nutrition

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

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.



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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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

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

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>



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>

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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 Services
1510 Menaul Blvd Extension NW
Albuquerque, NM 87107

WARM WEATHER WELLNESS



Spring & Summer 2020

Family & Consumer Sciences
Programs

*NMSU-Bernalillo County
Cooperative Extension Services*