**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

**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

**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

**Food & Nutrition**

**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.**
NEWS & EVENTS

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

NEW MEXICO FERMENTATION FESTIVAL:
Friday, 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

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

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

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