

Bernalillo County Cooperative Extension Service
Family and Consumer Sciences Programs
WINTER 2023
BernalilloExtension.nmsu.edu

We are looking forward to new and varied programming opportunities as we open 2023! Plan to join us in person or on Zoom in the months ahead. Registration instructions and locations follow each program. Classes with less than 10 registered, may be subject to cancellation.

Healthy New Mexico Holidays: Tamales – In Person

Wednesday, December 7 9:00 AM-12:00 PM (Limited space)

Thursday, December 8 9:00 AM-12:00 PM (Full)

Bernalillo County Extension office 1510 Menual Ext Blvd NW Albuquerque 87107

A wonderful New Mexican tradition made a bit healthier but still delicious. Come enjoy the camaraderie and fun of making tamales together! And take some home for your holidays.

To register for in-person call 505-243-1386 or email bernalillo@nmsu.edu with your name, address, phone, and email.

Lab Fee: \$10 (Cash preferred and checks. No credit cards)

Eight Success Habits Everyone Should Implement (Zoom)

Thursday, January 26 10:00-11:00 AM

Are you interested in becoming more successful in all areas of your life? Do you want to have a life of fulfillment and strengthen your relationships and positive habits? The goal of this workshop is to provide practical strategies you can implement to start becoming the best version of yourself. Learning and implementing even a couple of these 8 success principles will help you feel better about your path, your relationships, and how you can live your best life. Passion + Growth + Contribution + Relationships = Life Success.

To register, click the link below, complete the registration, and your unique ZOOM link will be emailed to you:

<https://nmsu.zoom.us/meeting/register/tJAvde2vrzkuG9Xs13VomaB5UHcp1BDQ2CI2>

National Diabetes Prevention Lifestyle Change Program

Thursdays, February 16 – June 1, 2023 9:00 – 10:00 AM

Vista Grande Community Center 15 La Madera Rd Sandia Park 87047

Thursdays, February 16 – June 1, 2023 10:30 - 11:30 AM

TenderLove Community Center 1518 Girard Blvd NE Albuquerque 87106

Have you been told you have prediabetes and at risk for developing diabetes? The good news is 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 a supportive group. Monthly meetings through January 2024 will help you stay on track!

To register, call 505-243-1386 or email bernalillo@nmsu.edu with your name, address, phone, and email.

Mind Matters: Overcoming Adversity and Building Resilience (Zoom)

Tuesdays, February 14-May 2 9:00-10:00 AM

People experiencing ongoing stress or prior trauma often have difficulty regulating their emotional responses when facing challenges in school and work, life, and relationships. As participants learn the skills and strategies in Mind Matters, they can begin to take charge of themselves and their responses to what life throws at them. Participants learn to address their physical, relational, and mental health needs. In addition, Mind Matters' teaches individuals proven ways to deal with stressful, perhaps adverse, life experiences using innovative methods based on current research and neuroscience.

To register, click the link below, complete the registration, and your unique ZOOM link will be emailed to you:

<https://nmsu.zoom.us/meeting/register/tJcsd-ygrD8jHdSaleEh8uHaHLIMix5dK9kE>

Kitchen Creations: A Cooking School for People with Diabetes-In Person

Wednesdays, February 15, 22 March 1, 8 9:00 AM-12:00 PM

Wednesdays, April 5, 12, 19, 26 9:00 AM-12:00 PM

Bernalillo County Extension office 1510 Manual Ext Blvd NW Albuquerque 87107

Learn how to eat healthy delicious foods and manage diabetes in this educational and informative series. Please join us if you have been diagnosed with pre-diabetes, diabetes, or cook for people with these conditions. Taught by a registered dietitian and a wellness educator, you will enjoy practical tips, receive delicious recipes, cook delicious meals in the lab time, and be prepared to manage your wellness journey long term.

To register, call 505-243-1386 or email bernalillo@nmsu.edu with your name, address, phone, and email or click on the link below for registration instructions. Specify the dates above when registering. <https://diabetes.nmsu.edu/kitchencreations.html>

Healthy Living for the Brain & Body: Tips from the Latest Research (Zoom)

Wednesday, April 5 9:00-10:30 AM

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. We will discuss research and recommendations in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. In addition, we will look at the warning signs for Alzheimer's and how to benefit from early detection and diagnosis.

To register, click the link below, complete the registration, and your unique ZOOM link will be emailed to you:

<https://nmsu.zoom.us/meeting/register/tJYvce-qpjMoE9P3QDnJmJmfVbAyk85n6YKd>

Questions? Feel free to email or call:

Dianne Christensen, MS NMCEP

Associate Professor/Family and Consumer Sciences Agent

NMSU/Bernalillo County Cooperative Extension Service

dianne@nmsu.edu 505-243-1386 (calls to this line will be returned in 24-36 hrs)



If you are an individual with a disability who is in need of an auxiliary aid or service to participate in this event, please let us know at the time you register. NMSU and the U.S. Department of Agriculture Cooperating.
New Mexico State University is an equal opportunity/affirmative action employer and educator.