

FREE WELLNESS SERIES

Join us on CNM's Main Campus to learn about healthy eating, exercise and cooking nutritious, delicious meals!

Central New Mexico Community College is partnering with Presbyterian Healthcare Foundation and Adelante's Wellness Referral Center to offer the community **free** opportunities to learn more about healthier living habits by providing instruction on culinary applications, nutrition concepts and fitness to make more healthy and nutritional food choices.



Each class will consist of a two hour, hands-on cooking class, followed by a two hour fitness and nutrition class.

**ALL CLASSES HELD AT RPM 105, 723 UNIVERSITY S.E.
YOU MUST STAY FOR THE ENTIRE CLASS!**



SUMMER 2016 SATURDAY CLASSES:

| DATE | CLASS | TIME |
|-----------|-----------------------------------|------------------------|
| May 14 | Healthy Pizzeria | 11:00 a.m. – 1:00 p.m. |
| | Fitness and Nutrition | 1:00 p.m. – 3:00 p.m. |
| June 11 | Fresh Pasta | 11:00 a.m. – 1:00 p.m. |
| | Fitness and Nutrition | 1:00 p.m. – 3:00 p.m. |
| July 9 | Quick and Healthy Weeknight Meals | 11:00 a.m. – 1:00 p.m. |
| | Fitness and Nutrition | 1:00 p.m. – 3:00 p.m. |
| August 13 | Lower Sodium Heart Healthy Soups | 11:00 a.m. – 1:00 p.m. |
| | Fitness and Nutrition | 1:00 p.m. – 3:00 p.m. |

To register or for more information, call the
ADELANTE WELLNESS REFERRAL CENTER
at (505) 445-5332.
To contact CNM call
(505) 224-4000 ext. 53283
or email vlagrange1@cnm.edu
Space is limited. Register now!