

Heart Healthy

**Please join us
for series of
Heart Healthy
classes.
Eat Smart,
Move More,
Live Well**

- Heart Healthy Eating
- Plan Heart Healthy Meals
- Stress, Resilience, and Exercise Tips
- Enjoy discussion with others who are interested in Heart Healthy Eating.

Participants will receive \$20 in produce vouchers for use at the Santa Fe Farmers Market Del Sur on Tuesdays, July 1st- September 30th.

Details

DATES: August 7th, 14th, 21st

DAY OF WEEK: Thursdays

TIME: 10:00AM-11:00AM

LOCATION: Community Room @ Presbyterian Medical Group
454 Saint Michaels Drive Santa Fe NM 87505

TO REGISTER: Use the QR Code below or call the Santa Fe County Cooperative Extension office 505-471-4711.

Register using the QR code or online at <https://www.prescommhealthclasses.com/book-online>



Class size is limited. Schedule is subject to change depending on minimum participant enrollment.



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**



PRESBYTERIAN
Community Health