Heart Healthy



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.

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

- Heart Healthy Eating
- Plan Heart Healthy Meals
- Stress, Resilence, 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.



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