

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.

Details

DATES: March 17th, 2026

DAY OF WEEK: Tuesday

TIME: 10:00AM-11:00AM

LOCATION:

Presbyterian Santa Fe Medical Center
Farmers Market Teaching Kitchen
4801 Beckner Rd.
Santa Fe, NM 87507

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.



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College of Agricultural, Consumer and Environmental Sciences



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Community Health