



Living Healthy in a Blue Zone Community

Workshops Offered

<p>Using Digital Technology in Health and Wellness</p>	<p>Get digital about your Health and Wellness! Learn all about Health and Wellness Technology</p>	<p>Monday, August 12, 2024 1:00pm-2:00pm East Mesa Recreation Center 5589 Porter Dr. Las Cruces, NM 88011</p>
<p>Calhoun Farms</p> <ul style="list-style-type: none"> -Lavender Workshop 8/19 & 8/21 -Pound Rock out Edition 8/26 & 8/28 -Reiki & U-Pick Workshop 9/4 & 9/9 -LOFLO-Dance Workshop 9/11 -Yoga Unplugged 9/16 -Pound Unplugged 9/18 -Farm Enchantment Wreath Workshop 9/23 & 9/25 	<p>These evidence-based workshops at Calhoun Farms will show you the sustainability of planting along with the importance of nature. How flowers represent a calming and stress-free environment.</p>	<p>Weekly on Monday & Wednesday, Beginning August 19th- Sept 25th, 2024 6:00pm-7:30pm 86 Haasville Rd, Anthony NM 88021</p>
<p>Equine Connection</p> <ul style="list-style-type: none"> -Habits of Equestrians 8/13 -Bonding & Understanding Body Language 8/16, 9/10, 9/24 -Grooming & Body Care 8/20 & 9/6 -Longevity-Riding, Handling 8/23 & 9/27 -Horse Yoga w/Sound Bath 8/27, 9/13, 9/20 -Body Art 8/30 & 9/17 -Habits of Equestrians 9/3 	<p>Designed to bring hope, confidence and resilience to your life. Embracing the challenges in your life in this workshop.</p>	<p>Weekly on Tuesday & Friday, Beginning August 13th- Sept 27th, 2024 6:00pm-7:30pm 4349 Snow Rd, Las Cruces, NM 88005</p>
<p>EnhanceFitness</p>	<p>EnhanceFitness are evidence-based group fitness classes that concentrate on strength training, flexibility, balance, and aerobic cardio workouts!</p>	<p>Wednesday, August 14, 2024 2:00pm-3:00pm 5589 Porter Dr, Las Cruces, NM East Mesa Recreation Center</p>
<p>Know Your Environment</p>	<p>Do you really know your neighborhood? Get to know all the parks, recreation centers, trails, bike paths, and everything Wellness that Cruces has to offer. Learn how to navigate the best routes possible to your Health and Wellness.</p>	<p>Wednesday, September 4, 2024 1:00pm-2:00pm</p>



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Tai Chi Essentials	Learn Tai Chi Essentials that integrates physical, cognitive, and ritualistic components. Taught by Dawn Armstrong, certified Tai Chi trainer	Weekly on Tuesday & Saturday, Beginning Aug 15 th - Aug 31 st , 2024 7:00am – 7:45am NMSU Sisbarro Loop, Las Cruces, NM 88003
Laugh It Out	How to let it all out with laughter. Find this workshop informative and interactive while you find your social tribe! Evidence based: An individual laughter session within a therapeutic laughter intervention typically consists of three stages. Opening and warm-up. Experiencing positive emotions, humor and laughter. Recovery, closure and evaluation.	Friday, August 16, 2024 1:00pm – 2:00pm East Mesa Recreation Center 5589 Porter Dr, Las Cruces, NM 88011
Nutrition -My Plate 8/17 -Eating for Kidney Health 8/24 -Type II Diabetes and Cooking 8/31 -Eating for Kidney Health 9/7 -Healthy Eating on a Budget 9/14 -Cancer & Nutrition & How to Prepare 9/21 -Cooking with Herbs 9/28	Learn from experts of Dietitians and Nutritionists and how to promote health and manage disease. They educate our seniors in nutritional programs to help them live healthier lives educate our seniors in nutritional programs to help them live healthier lives	Weekly on Saturday Beginning Aug 17 th - Sept 28 th , 2024 9:00am-10:30am Las Cruces Convention Center 680 E. University Ave. Las Cruces, NM 88001
5 Senses for your Body	Welcome to our exciting Sensory Hunt designed specifically for our wonderful community members aged 60 and above! This engaging event will take place at the Senior Community Center and promises a delightful experience that combines fun with learning about the five senses of the body. Whether you're here to test your senses or just to enjoy the activities, we have something special for everyone.	Monday, August 26, 2024 1:00 – 2:00pm East Mesa Recreation Center 5589 Porter Dr, Las Cruces, NM 88011



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Cooking – 4 Part Series	<ol style="list-style-type: none">1) Introduce yourself to healthy cooking, focusing on nutrition and practical tips. Taught by...2) Teaching effective meal planning and budgeting strategies for healthy eating.3) Address common dietary needs and restrictions, providing practical cooking tips.4) Teach how to make healthy snacks and desserts that are both delicious and nutritious.	Tuesday & Friday Aug 27 th - Sept 6 th , 2024 1:00pm – 3:00pm DACC EAST MESA TRANSIT STATION 2800 Sonoma Ranch Blvd, Las Cruces, NM 88011
Walking Program	Challenge yourself to be the fittest you can be! This workshop will encourage you to start an entire new program. You will learn how to gradually build up on how long you walk and fast you walk!	Weekly on Thursday, Sept 5 th - Sept 26 th 7:00am – 7:45am NMSU Sisbarro Loop, Las Cruces, NM 88003
Natures Beauty - Selfie Scavenger Hunt	Get ready to explore the stunning natural landscapes of Las Cruces while having fun and staying active! 📷 🌳 Follow the guidelines below to participate in this exciting adventure. Locations to Include in Your Hunt 1. City of Las Cruces 2. Sunrise/Sunset Views 3. Trails	At Your Leisure September 18 – 25, 2024
Meet and Greet with Your Selfies	We can't wait to see the amazing moments you capture during the Nature's Beauty Selfie Scavenger Hunt! 📷 🚶 🚲 After you've completed the scavenger hunt and shared your selfies with the coordinator, you'll be entered into a drawing for some fantastic prizes! Plus, standout selfies will be featured on our social media channels, so make sure to bring your best smile and most creative poses!!!	Wednesday, September 25, 2024 1:00pm – 2:00pm East Mesa Recreation Center 5589 Porter Dr, Las Cruces, NM 88011