

Kitchen Creations

FREE Diabetes Cooking Classes!



Please join us for this **FREE** series of 4 classes!

- Learn how to plan meals that help manage diabetes.
- Practice cooking foods in healthier ways.
- Enjoy the support of others who are living with diabetes.

Provided by:

Diabetes MAPP

Diabetes Management and Prevention Programs

NM STATE

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College of Agricultural, Consumer and Environmental Sciences



Paths to Health NM
Tools for Healthier Living



For more information about **Paths to Health NM** programs, call: 505.850.0176 or 575.703.2343

PRESBYTERIAN
Community Health

Class Details

DAY OF WEEK: Wednesdays

DATES: May 8, 15, 22, 29

TIME: 5:30-8:30 PM (dinner provided)

LOCATION: Quay County Extension Office
216 E Center – Terry Turner Building
Tucumcari, NM 88401

INSTRUCTORS: Erin Smith, Quay County Extension FCS Agent
Nicole Olson, DTR

TO REGISTER: Call 575-461-0562 or visit our website

kitchencreations.nmsu.edu

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