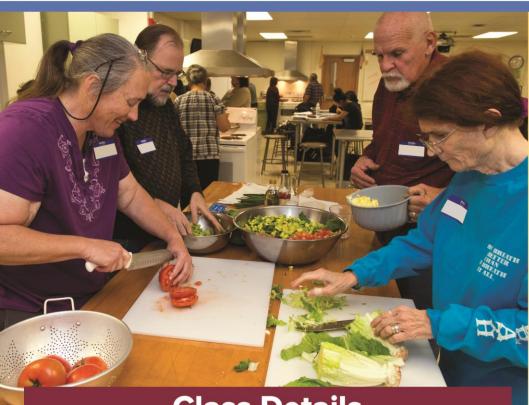
## Kitchen Creations

# **FREE** Diabetes Cooking Classes!



#### **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

## 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:







Paths to Health NM programs, call: 505.850.0176 or 575.703.2343

### A PRESBYTERIAN

Community Health

