# Kitchen Creations

## **FREE** Diabetes Cooking Classes!



### **Class Details**

DAY OF WEEK: Thursday

DATES: March 21<sup>st</sup>, 28<sup>th</sup>, April 4<sup>th</sup>, 11th

**TIME:** 5:00 pm – 8:00 pm

- LOCATION: New Mexico Department of Health 1510 S. Slade St Deming, NM 88030
- **INSTRUCTORS:** Janae Kraus Registered Dietitian Katherine Turner – Luna County FCS Agent
- TO REGISTER: Call 575-546-8806 or visit our website

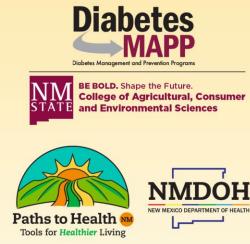
#### Please sign up at: kitchencreations.nmsu.edu

## New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact the Extension Office at 575-546-8806.

### 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:**



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

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