

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:



BE BOLD. Shape the Future.
College of Agricultural, Consumer and Environmental Sciences



Tools for Healthier Living



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

ADD LOGO(S) IN THIS BOX

Class Details

DAY OF WEEK: Thursday

DATES: March 21st, 28th, April 4th, 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.

Scan this QR code to visit our website

