

Kitchen Creations

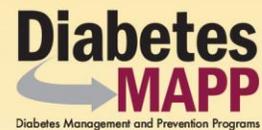
FREE Diabetes Cooking Classes!



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



For more information about
Paths to Health NM programs,
call the **NMHealth Helpline:**
1-833-SWNURSE (1-833-796-8773)

Class Details

DAY OF WEEK: Thursdays

DATES: April 2, 9, 16, 23

TIME: 5:30 pm – 8:00 pm

LOCATION: Luna County Extension Office
210 E Poplar, Suite B
Deming, NM 88030

INSTRUCTORS: Janae Kraus, Registered Dietitian
Katherine Turner, Luna CES FCS
Agent

TO REGISTER: Call 575-546-8806 or visit our website

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

