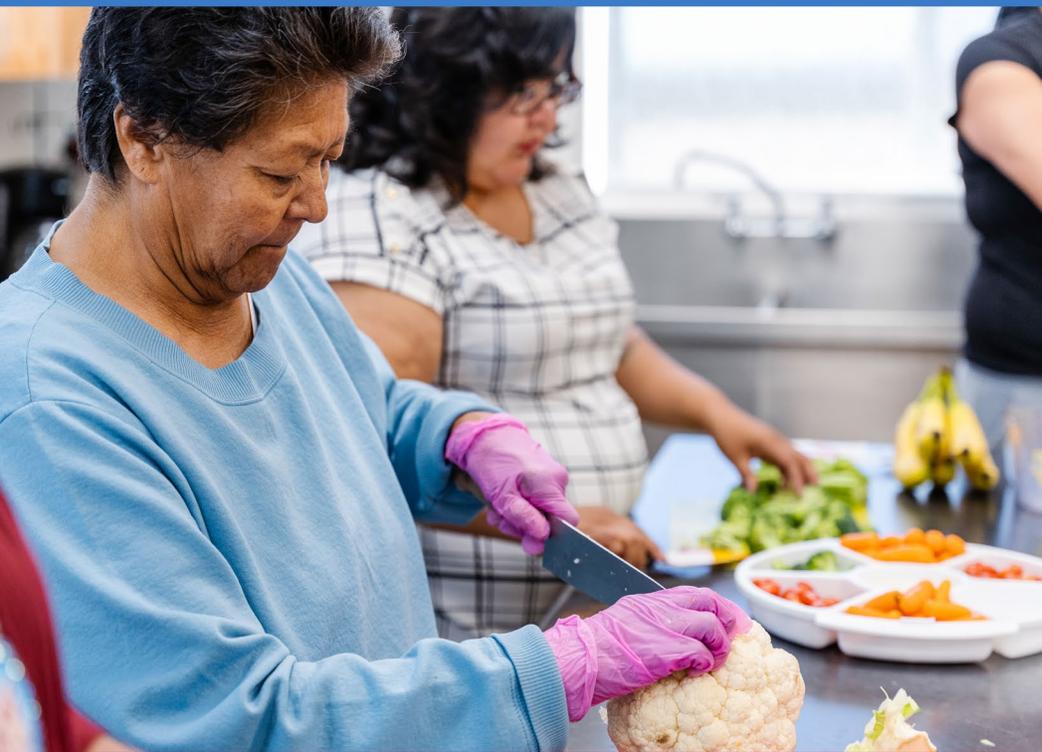


Kitchen Creations

FREE Diabetes Cooking Classes!

REGISTER TODAY!



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



Paths to Health NM
Tools for Healthier Living



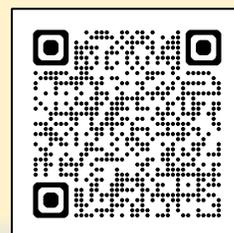
For more information about Paths to Health NM programs, call the NMHealth Helpline: 1-833-SWNURSE (1-833-796-8773)



PRESBYTERIAN

Community Health

TO REGISTER ONLINE:



Follow this link or scan the QR Code:
<https://www.prescomhealthclasses.com/event-details/kitchen-creations-1>

Class Details

DAY OF WEEK: Tuesdays

DATES: April 7, 14, 21, & 28, 2026

TIME: 10am – 1pm

LOCATION: Dulce Community Center
21 Cross Town Rd
Dulce, NM 87528

INSTRUCTORS: Joy Czmyrid, FCS Extension Educator
Susan Coalson, Ag Extension Educator
Denise Giroux, MPH, MS, RD, LD, CDES,
Jicarilla Service Unit Dietitian & Diabetes Educator

TO REGISTER: 505-578-4523 Rio Arriba County Extension
Or call 575-759-7247 JSU PHN Dept

kitchencreations.nmsu.edu