

Kitchen Creations

FREE Diabetes Cooking Classes!



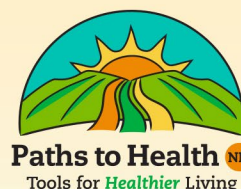
Please join us for this **FREE** series of 4 classes!

- 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:



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College of Agricultural, Consumer
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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:** Saturdays
- DATES:** April 18 & 25, May 2 & 9, 2026
- TIME:** 10 am to 1 pm
- LOCATION:** Torrance County Fairgrounds
715 10th Street
Estancia, NM 87016
- INSTRUCTORS:** Debby Maberry, County Program
Director
Elizabeth Galbraith, RDN, LD
Cindy Davies, MA
- TO REGISTER:** Call 505-544-4334 or email
maberryd@nmsu.edu

kitchencreations.nmsu.edu

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