

# Kitchen Creations

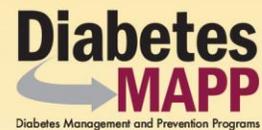
## FREE Diabetes Cooking Classes!



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

**PRESBYTERIAN**  
Community Health

### Class Details

**DAY OF WEEK:** Tue, Thu, Tue, Wed

**DATES:** April 21, 23, 28, 29, 2026

**TIME:** 5:30pm-8:30pm

**LOCATION:** Quay County Extension Office  
216 E Center St – Terry Turner Building  
Tucumcari, NM 88401

**INSTRUCTORS:** Erin Smith, Quay County Extension FCS Agent

Nicole Olson, DTR

**TO REGISTER:** Call 575-461-0562 or visit our website

[kitchencreations.nmsu.edu](http://kitchencreations.nmsu.edu)

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