

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:



Diabetes Management and Prevention Programs



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:
505.850.0176 or 575.703.2343

Class Details

DAY OF WEEK: Mondays

DATES: March 4th, 11th, 18th, and 25th

TIME: 9:00-11:30 AM

LOCATION: Chaves County Extension Office
200 E Chisum Suite #4
Roswell, NM 88203

INSTRUCTORS: Susan Dade, RDN, LD, CDCES
Tamara Schubert, NMSU CES FCS Agent

TO REGISTER: Call 575-622-3210 or email
tamschub@nmsu.edu

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 575-622-3210 by October 1st.

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