

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 MAPP
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:** Tuesday
- DATES:** Feb 20, Feb 27, March 5 & March 12
- TIME:** 9am-Noon
- LOCATION:** Peralta Methodist Church
25 Wesley Road
Peralta, NM 87042
- INSTRUCTORS:** Crystal Garcia-Anaya
Valencia County Extension Office
- TO REGISTER:** Call 505-565-3002

Please sign up at: kitchencreations.nmsu.edu

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