

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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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: Thursdays

DATES: February 22, 29, March 14, 21

TIME: 11:00 AM - 2:00 PM

LOCATION: Presbyterian Española Hospital
1010 Spruce St
Española, NM 87532

INSTRUCTORS: Joy Russell and Desaree Jimenez,
Extension FCS Agents
Laura McCann, MS, RDN, LD

TO REGISTER: Call 505-685-4523 or visit our website

Please sign up at: kitchencreations.nmsu.edu

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