Kitchen Creations

FREE Diabetes Cooking Classes!



Class Details

- DAY OF WEEK: Wednesdays
- DATES: February 5, 12, 19, 26
- TIME: 10:00 AM-1:00 PM
- LOCATION: El Zocalo Event Center 264 S Camino del Pueblo Bernalillo, NM 87004
- INSTRUCTORS: Rebecca Lamoreux, MS, RDN, LD Madeline Gurney, Sandoval County FCS Agent

TO REGISTER: Call 505-867-2582 or sign up at https://sandovalextension.nmsu.edu

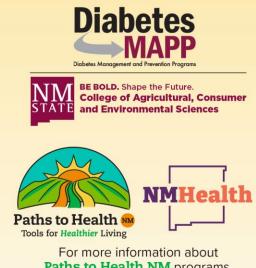
kitchencreations.nmsu.edu

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 505-867-2582.

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:



Paths to Health NM programs, call the NMHealth Helpline: 1-833-SWNURSE (1-833-796-8773)



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