

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:



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences



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



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Sandoval County Extension Office

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.

Scan this QR code
to visit our website

