

# Kitchen Creations

## FREE Diabetes Cooking Classes!



### Class Details

**DAY OF WEEK:** Wednesdays

**DATES:** February 4, 11, 18, 25, 2026

**TIME:** 10:00 AM-12:00 PM

**LOCATION:** Online via Zoom  
Link provided after registration

**INSTRUCTORS:** Boe Lopez, Courtney Mitchell,  
Michelle Howard, Talisha Valdez,  
County Extension Agents  
Janae Kraus, MA, RDN, LD

**TO REGISTER:** Call 575-202-5065 or visit our website

[kitchencreations.nmsu.edu](http://kitchencreations.nmsu.edu)

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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



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Tools for Healthier Living



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



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