

Kitchen Creations

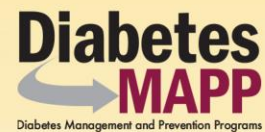
FREE Diabetes Cooking Classes!



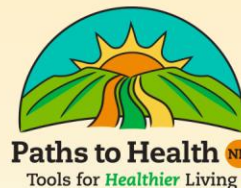
Please join us for this **FREE** series of 4 classes!

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



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Cooperative Extension Service
Sandoval County Extension Office

Class Details

- DAY OF WEEK:** Thursdays
- DATES:** February 20, 27, March 6, 13
- TIME:** 2:00-5:00 PM
- LOCATION:** Tamaya Wellness Center
225 Ranchitos Rd
Santa Ana Pueblo, 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

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