

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:



Diabetes Management and Prevention Programs



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



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**



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

Class Details

DAY OF WEEK: Wednesday

DATES: February 7, 14, 21 and 28

TIME: 1 to 3:30 pm

LOCATION: PDL Senior Center
Community Building
1033 Piasano Rd, Puerto de Luna

INSTRUCTORS: Susann Mikkelson
NMSU Guadalupe County Extension
and Yolanda Sena, Nutritionist

TO REGISTER: Call 575-472-3652 with questions or if you need assistance registering online

Please sign up at: kitchencreations.nmsu.edu

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