

Kitchen Creations

FREE Diabetes Cooking Classes!



Class Details

- DAY OF WEEK:** Thursdays
- DATES:** 1-15; 1-22; 1-29; 2-5-2026
- TIME:** 10am – 1pm
- LOCATION:** Presbyterian Hospital, Espanola
Administrative Meeting Room
1010 Spruce St
Espanola, NM 87532
- INSTRUCTORS:** Joy Czmyrid, FCS Educator
Rio Arriba County Extension &
Laura McCann, Dietitian
- TO REGISTER:** Call 505-578-4523 or go to Presbyterian
Community Health classes at:
prescommhealthclasses.com/book-online
kitchencreations.nmsu.edu

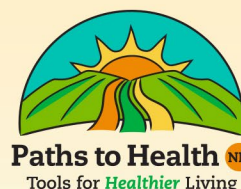
Please join us for
this **FREE** series of
4 classes!

- 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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