

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)



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College of Agricultural, Consumer
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Cooperative Extension Service
Sandoval County Extension Office

Class Details

- DAY OF WEEK:** Tuesdays
- DATES:** January 21, 28, February 4, 11
- TIME:** 4:00-7:00 PM
- LOCATION:** Sandoval County Fairgrounds,
Community Center Building
37 Rodeo Rd, Cuba, NM 87013
- 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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