

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 MAPP

Diabetes Management and Prevention Programs

NM STATE

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 the **NMHealth Helpline: 1-833-SWNURSE (1-833-796-8773)**



Class Details

DAY OF WEEK: Tuesday and Thursday

DATES: June 3, 5, 10, 12

TIME: 9:00 a.m. – 12:00 noon

LOCATION: Lions Club of Gallup
3300 E. Aztec Ave
Gallup, NM 87301

INSTRUCTORS: Daisy Arsenault, RD LD
Registered Dietitian
Patricia Largo, M.Ed.
Family and Consumer Science Agent
NMSU McKinley County Cooperative Extension

TO REGISTER: Call 505-863-3432, limited number of spaces available!

kitchencreations.nmsu.edu

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