

# 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:  
**505.850.0176** or **575.703.2343**



### Class Details

**DAY OF WEEK:** Mondays

**DATES:** January 22, 29 February 5, 12, 2024

**TIME:** 9:00 a.m.-12:00 p.m.

**LOCATION:**

Presbyterian Santa Fe Medical Center  
Teaching Kitchen  
4801 Beckner Rd  
Santa Fe, NM 87502

**INSTRUCTORS:**

Michelle Stizza, MEd  
Laura McCann, MS, RDN, LD

**TO REGISTER:** Call **505.471.4711** or visit our  
website at **[kitchencreations.nmsu.edu](https://kitchencreations.nmsu.edu)**

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