

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



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
Bernalillo County Extension Office

Class Details

DAY OF WEEK: Wednesdays

DATES: April 3, 10, 17, 24

TIME: 9:00 AM – 12:00 PM

LOCATION: NMSU Bernalillo County Extension
1510 Menaul Blvd Ext NW
Albuquerque, NM 87107

INSTRUCTORS: Dianne Christensen, MS
Fallon Bader, MS, RDN, LD
Cindy Davies, MA

TO REGISTER: Call 505-243-1386 or visit our website
BernalilloExtension.nmsu.edu

Please sign up at: kitchencreations.nmsu.edu

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Scan this QR code
to visit our website

