

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



Paths to Health NM
Tools for Healthier Living



For more information about
Paths to Health NM programs, call:
505.850.0176 or 575.703.2343

Class Details

DAY OF WEEK: Mondays & Thursdays

DATES: April 29th, May 2nd, May 6th & May 9th

TIME: 9:00 am to Noon

LOCATION: Eddy County Extension Office
1304 W. Stevens St.
Carlsbad, NM 88220

INSTRUCTORS: Susan Dade, RD, LD, CDE
Vonda Frost, Family & Consumer
Science Agent

TO REGISTER: Call 575-885-6595 or visit our website

Please sign up at: kitchencreations.nmsu.edu

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to visit our website

