

Free diabetes cooking classes!

Kitchen Creations

Wed., May 8, 15, 22, 29, 2024
5:30-8:30 PM

Join in person or by Zoom

Featuring healthy versions of
NEW MEXICAN AND SOUL FOOD

Sign up at kitchencreations.nmsu.edu
or call 575-202-5065



Scan this QR code
to visit our website



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.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

Kitchen Creations has been provided since 2001 by:



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**



Paths to Health NM
Tools for **Healthier** Living

These classes are at the Bernalillo County Cooperative Extension Service, 1510 Menaul Blvd Ext NW in Albuquerque. Participants who cannot attend in person may join by Zoom. Instructors are:

- Valari Taylor, MS, RDN, LD
- Midori Branch, Natural Therapeutics & Bodywork Specialist

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact Cassandra at 575-202-5065 by May 1, 2024.