

# Kitchen Creations

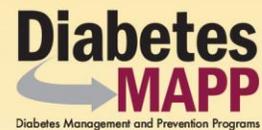
## FREE Diabetes Cooking Classes!



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

### Class Details

- DAY OF WEEK:** Thursdays
- DATES:** March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>
- TIME:** 5:00 pm – 7:30 pm
- LOCATION:** El Corazon de Columbus  
25 N. Boundary St  
Columbus, NM
- INSTRUCTORS:** Janae Kraus, Registered Dietitian  
Katherine Turner, Luna County  
Extension FCS Agent
- TO REGISTER:** 575-546-8806

[kitchencreations.nmsu.edu](http://kitchencreations.nmsu.edu)

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