

Kitchen Creations

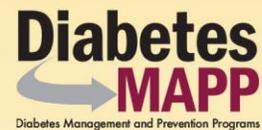
FREE Diabetes Cooking Classes!



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

People who cannot attend in person may join by Zoom

Class Details

DAY OF WEEK: Tuesdays

DATES: March 31, April 7, 14, 21, 2026

TIME: 5:30-8:30 PM

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

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

TO REGISTER: Call 575-646-5763 or visit our website

kitchencreations.nmsu.edu

