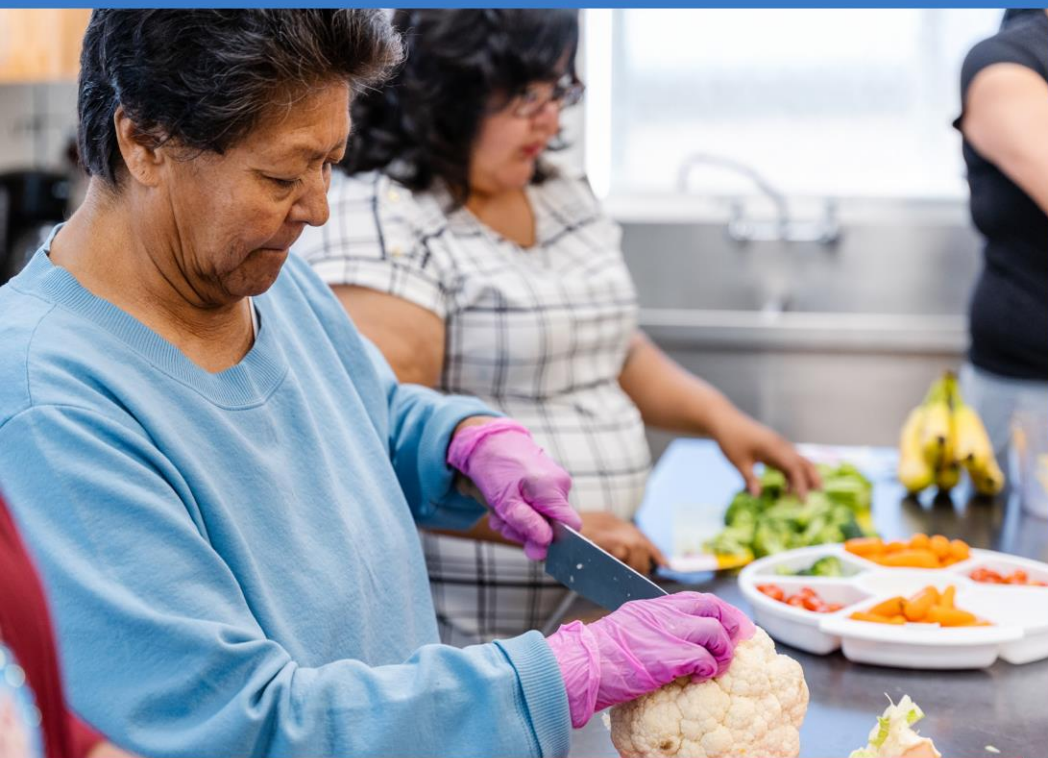


Kitchen Creations

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:



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



For more information about **Paths to Health NM** programs, call the **NMHealth Helpline: 1-833-SWNURSE (1-833-796-8773)**

 **PRESBYTERIAN**
Community Health

Class Details

DAY OF WEEK: Thursdays

DATES: March 13, 27, April 3, 10

TIME: 10:00 AM-1:00 PM

LOCATION: Ohkay Owingeh Blue Gym
829 Roadrunner Dr
Ohkay Owingeh, NM 87566

INSTRUCTORS: Joy Russell, Extension FCS Agent
Laura McCann, MS, RDN, LD

TO REGISTER: Call 505-927-9825, scan the QR code, or visit our website

kitchencreations.nmsu.edu

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Scan this QR code to visit our website

