

# Kitchen Creations

## FREE Diabetes Cooking Classes!



### Class Details

**DAY OF WEEK:** Tuesdays & Thursdays

**DATES:** May 12, 14, 19, 21, 2026

**TIME:** 6:00-8:00 PM

**LOCATION:** Online via Zoom  
Link provided after registration

**INSTRUCTORS:** Crystal Garcia-Anaya, Debby Maberry,  
Susann Mikkelson, Michelle Stizza,  
County Extension Agents

Janae Kraus, MA, RDN, LD

**TO REGISTER:** Call 575-202-5065 or visit our website

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

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 the Extension Office at 575-202-5065.

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



Tools for Healthier Living



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



Scan this QR code  
to visit our website