

Kitchen Creations

FREE Diabetes Cooking Classes!



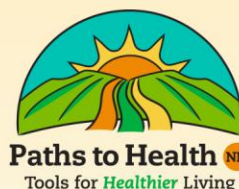
Please join us for this **FREE** series of 4 classes!

- 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: 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 Mikkelsen, Michelle Stizza,
County Extension Agents

Janae Kraus, MA, RDN, LD

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

kitchencreations.nmsu.edu

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