

# Kitchen Creations

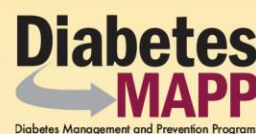
## FREE Diabetes Cooking Classes!



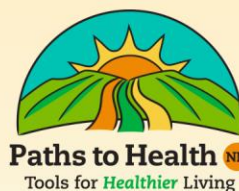
Please join us for this **FREE** series of 4 classes!

- 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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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:** October 3, 10, 17, 24

**TIME:** 1:00-4:00 PM

**LOCATION:** Presbyterian Española Hospital  
Piñon Room  
1010 Spruce St, Española, NM 87532

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

**TO REGISTER:** Call Becca at 575-646-3770

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

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