

# 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 MAPP**  
Diabetes Management and Prevention Programs



**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:** Mondays

**DATES:** October 27, November 3, 10, 17, 2025

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

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

**INSTRUCTORS:** Joy Czmyrid & Desaree Jimenez,  
Family & Consumer Sciences Instructors  
Laura McCann, MS, RDN, LD

**TO REGISTER:** Call 505-685-4523 or visit our website

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

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