

Kitchen Creations

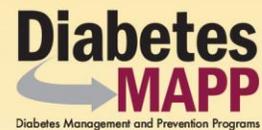
FREE Diabetes Cooking Classes!



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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Paths to Health NM
Tools for Healthier Living



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

Space is limited and pre-registration is required to reserve your spot!

Class Details

DAY OF WEEK: Wednesday Afternoons

DATES: April 1, 8, 15, 22 • 2026

TIME: 4:00pm – 7:00pm

LOCATION: Otero County Extension Service
401 Fairgrounds Rd
Alamogordo, NM 88310

INSTRUCTORS: Kely Knight, Extension FCS Agent
Janae Kraus, Registered Dietitian

TO REGISTER: Call 575-437-0231

kitchencreations.nmsu.edu

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact the Extension Office at 575-437-0231 two weeks prior to first class.

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