

Kitchen Creations

FREE Diabetes Cooking Classes!



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

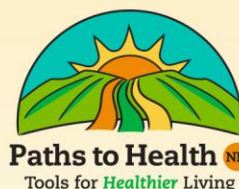
- Learn how to plan meals that help manage diabetes.
- Practice cooking foods in healthier ways.
- Enjoy the support of others who are living with diabetes.

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:** Tuesdays and Thursdays
- DATES:** November 10, 12, 17, 19, 2026
- TIME:** 5:30pm-8:30pm
- LOCATION:** Quay County Extension Office
216 E. Center Street
Tucumcari, NM 88401
- INSTRUCTORS:** Erin Smith, Quay County Extension FCS Agent
Nicole Olson, DTR
- TO REGISTER:** Call 575-461-0562 or visit our website

kitchencreations.nmsu.edu

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Scan this QR code to visit our website

