

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
and Environmental Sciences



For more information about
Paths to Health NM programs, call:
505.850.0176 or 575.703.2343

Class Details

DAY OF WEEK: Wednesday

DATES: September 17, 24, October 1, 8, 2025

TIME: 9:00 AM-12:00 PM

LOCATION: Bernalillo County Extension Office
1510 Menaul Ext Blvd NW
Albuquerque, NM 87107

INSTRUCTORS: Dianne Christensen, MS
Ana León, MS, RDN, LDN
Cindy Davies, MA

TO REGISTER: Call 505-243-1386 or visit our website

kitchencreations.nmsu.edu

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