

Kitchen Creations

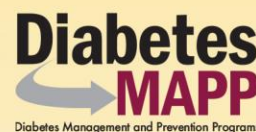
FREE Diabetes Cooking Classes!



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:



BE BOLD. Shape the Future.
College of Agricultural, Consumer
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For more information about
Paths to Health NM programs,
call the **NMHealth Helpline:**
1-833-SWNURSE (1-833-796-8773)



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Cooperative Extension Service
Socorro County Extension Office

Class Details

DAY OF WEEK: Wednesdays in May

DATES: May 6, 13, 20 & 27

TIME: 10AM – 1 PM

LOCATION: Socorro County Annex Building
198 Neel Ave.
Socorro, NM 87801

INSTRUCTORS: Emily Bruton, Socorro CES
Cassandra Vanderpool, MS, RDN, LD

TO REGISTER: Call 575-835-0610 or visit our website

kitchencreations.nmsu.edu

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