

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 Management and Prevention Programs



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences



Paths to Health NM
Tools for Healthier Living



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

Class Details

- DAY OF WEEK:** Thursdays
- DATES:** April 4, 11, 18, 25, 2024
- TIME:** 9:00 AM-12:00 PM
- LOCATION:** Torrance County CES Office
205 9th Street
Estancia, NM, 87
- INSTRUCTORS:** Debby Maberry, County Program Director
Elizabeth Galbraith, RDN, LD
Cindy Davies, MA
- TO REGISTER:** Call 505-544-4334 or email
maberryd@nmsu.edu

Please sign up at: kitchencreations.nmsu.edu

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