

Free diabetes cooking classes!

Kitchen Creations

Please sign up at
kitchencreations.nmsu.edu
or call 575-622-3210.

Mondays & Wednesdays
October 9, 11, 16, 18
4:00 – 6:30 PM

Chaves County Extension Office
200 E. Chisum, Suite 4
Roswell, NM 88203



Scan this QR code
to visit our website



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.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

These classes will be taught by:

- Tamara Schubert, Chaves County Extension FCS Agent
- Susan Dade, RDN, LD, CDCES

Kitchen Creations has been provided since 2001 by:



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**College of Agricultural, Consumer
and Environmental Sciences**



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