

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

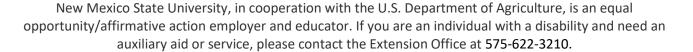
Chaves County Extension Office 200 E. Chisum, Suite 4 Roswell, NM 88203

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



Scan this QR code to visit our website

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