

Free diabetes cooking classes!

Kitchen Creations

Please sign up at
kitchencreations.nmsu.edu
or call 575-525-6649.

Monday and Thursday evenings
April 24, 27, May 1, 4

5:30 - 8:30 PM

Mayfield High School
1955 N. Valley Drive
Las Cruces, NM 88007



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:

- Janae Kraus, MS, RDN, LD
- Beatriz Favela, LCSW

Kitchen Creations has been provided since 2001 by:



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



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