

Free diabetes cooking classes!

# Kitchen Creations

Please sign up at  
[kitchencreations.nmsu.edu](http://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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