

Kitchen Creations

FREE Diabetes Cooking Classes!



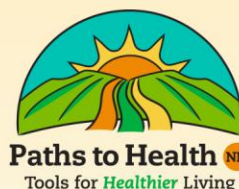
Please join us for this **FREE** series of 4 classes!

- 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:



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College of Agricultural, Consumer
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For more information about
Paths to Health NM programs,
call the **NMHealth Helpline:**
1-833-SWNURSE (1-833-796-8773)



DAY OF WEEK: Tuesday and Thursday

DATES: June 3, 5, 10, 12

TIME: 9:00 a.m. – 12:00 noon

LOCATION: Lions Club of Gallup
3300 E. Aztec Ave
Gallup, NM 87301

INSTRUCTORS: Daisy Arsenault, RD LD
Registered Dietitian
Patricia Largo, M.Ed.
Family and Consumer Science Agent
NMSU McKinley County Cooperative Extension

TO REGISTER: Call 505-863-3432, limited number of spaces available!

kitchencreations.nmsu.edu

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