

Free diabetes classes!

Kitchen Creations

Thursday mornings
April 6, 13, 20, 27, 2023
10:00 AM – 12:00 PM

Sign up at
kitchencreations.nmsu.edu
or call 575-202-5065.

Participate in classes from an
electronic device or by phone.



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.
- Discuss healthier ways to cook foods.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

Kitchen Creations has been provided since 2001 by:



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



Classes will be taught by Laura McCann, MS, RDN, LD and these NMSU Extension Agents:

Beatriz Favela, Doña Ana County, bfavela@nmsu.edu

Courtney Mitchell, Harding County, courtmit@nmsu.edu

Desaree Jimenez, Los Alamos County, deswhitf@nmsu.edu

Joy Russell, Rio Arriba County, jczmyrid@nmsu.edu

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact Cassandra Vanderpool at 575-202-5065 by March 30, 2023.