

Free diabetes cooking classes!

# Kitchen Creations

Wed., Oct. 11, 18, 25, Nov. 1  
5:30-8:30 PM

Featuring healthy versions of  
NEW MEXICAN AND SOUL FOOD

Sign up at [kitchencreations.nmsu.edu](https://kitchencreations.nmsu.edu)  
or call 575 202 5065



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.

Kitchen Creations has been provided since 2001 by:



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



These classes will be in Albuquerque. Another series will be online in January. Instructors are:

- Valari Taylor, MS, RDN, LD
- Midori Branch, Natural Therapeutics & Bodywork Specialist

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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 at 575-202-5065 by October 4, 2023.