

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
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**



Paths to Health NM
Tools for **Healthier** Living

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

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.