

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:

Diabetes MAPP

Diabetes Management and Prevention Programs

NM STATE

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Paths to Health NM
Tools for Healthier Living



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

Class Details

- DAY OF WEEK:** Wednesday, Thursday
- DATES:** March 19th, 26th, April 3rd, 9th
- TIME:** 5:00 pm – 7:30 pm
- LOCATION:** NM Department of Health
1510 S. Slate St.
Deming, NM 88030
- INSTRUCTORS:** Janae Kraus, Registered Dietitian
Katherine Turner, Luna County FCS agent
- TO REGISTER:** Call 575-546-8806

kitchencreations.nmsu.edu

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