

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.

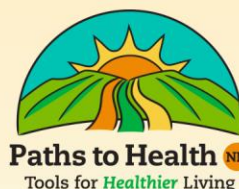
Provided by:



Diabetes Management and Prevention Programs



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



Tools for Healthier Living



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

People who cannot attend
in person may join by Zoom

Class Details

DAY OF WEEK: Tuesdays

DATES: May 13, 20, 27, June 3, 2025

TIME: 5:30-8:30 PM

LOCATION: Bernalillo County Extension Office
1510 Menaul Blvd Ext NW
Albuquerque, NM 87107

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

TO REGISTER: Call 575-202-5065 or visit our website

kitchencreations.nmsu.edu

