

Free diabetes cooking classes!

Kitchen Creations

Please sign up at
kitchencreations.nmsu.edu
or call **505-471-4711**.

Mondays, June 5, 12, 19, 26
9:00 AM-12:00 PM

Presbyterian Santa Fe Medical Center
4801 Beckner Rd
Santa Fe, NM 87507



Scan this QR code
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BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**



This series is also sponsored by:



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.

These classes will be taught by:

- Michelle Stizza, Santa Fe County Extension FCS Agent
- Laura McCann, MS, RDN, LD

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 the Extension Office at 505-471-4711.