

Free diabetes cooking classes!

Kitchen Creations

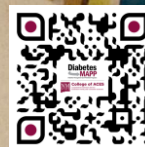
Please call 505-544-4336
to sign up.

Thursdays, April 6, 13, 20, 27
9:00 AM – 12:00 PM

Torrance County CES
205 9th St (cross street Allen)
Estancia, NM 87016



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 food 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:

- Debby Maberry, County Program Director
- Cindy Davies, MA

Kitchen Creations has been provided since 2001 by:



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**College of Agricultural, Consumer
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Extension Family and Consumer Sciences



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