

Free diabetes classes!

Kitchen Creations

Please call 505-243-1386
or email dianneec@nmsu.edu
to sign up.

Wed., October 5, 12, 19, 26

9:00 AM – 12:00 PM

NMSU Bernalillo County Extension
1510 Menaul Blvd Ext NW
Albuquerque, NM 87107



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:

- Dianne Christensen, MS, NMCEP
- Hannah Contrucci, MS, RDN, LD
- Cindy Davies, MA

Kitchen Creations has been provided since 2001 by:



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



This cooking school is also sponsored by:



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**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Bernalillo County Extension Office

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