Kitchen Creations

FREE Diabetes Cooking Classes!



Class Details

- DAY OF WEEK: Thursday
- DATES: June 5, 12, 19, 26
- TIME: 5:30-8:00 PM
- LOCATION: Doña Ana County Extension Office 1170 N Solano, Suite M Las Cruces, NM 88001
- **INSTRUCTORS:** Esther Hernandez, Extension FCS Agent Janae Kraus, MA, RDN, LD
- TO REGISTER: Call 575-525-6649 or visit our website

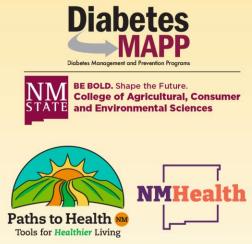
kitchencreations.nmsu.edu

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 575-525-6649.

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:



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



Scan this QR code to visit our website