

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:



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College of Agricultural, Consumer
and Environmental Sciences



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

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

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Scan this QR code
to visit our website

