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:

Diabetes MAPP
Diabetes Management and Prevention Programs

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College of Agricultural, Consumer and Environmental Sciences

Paths to Health NM
Tools for *Healthier* Living

NMHealth

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: Saturdays

DATES: April 18 & 25, May 2 & 9, 2026

TIME: 10 am to 1 pm

LOCATION: Torrance County Fairgrounds
715 10th Street
Estancia, NM 87016

INSTRUCTORS: Debby Maberry, County Program Director
Elizabeth Galbraith, RDN, LD
Cindy Davies, MA

TO REGISTER: Call 505-544-4334 or email maberryd@nmsu.edu

kitchencreations.nmsu.edu

Scan this QR code to visit our website

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