

Free diabetes cooking classes!

# Kitchen Creations

Please call 575-525-6649  
to sign up.

Mondays & Thursdays  
Sep. 26 & 29, Oct. 3 & 6

9:00 AM to 1:00 PM

Mayfield High School  
1955 N. Valley Drive  
Las Cruces, NM 88007



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:

- Janae Kraus, MS, RDN, LD
- Beatriz Favela, LCSW, Doña Ana County Extension FCS Agent

Kitchen Creations has been provided since 2001 by:



**BE BOLD.** Shape the Future.  
**College of Agricultural, Consumer  
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**Paths to Health** NM  
Tools for Healthier Living

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