

Free diabetes cooking classes!

# Kitchen Creations

Please call 505-662-2656  
to sign up.

September 29, October 6, 11 & 18

5:30-8:00 PM

United Church  
2525 Canyon Rd.  
Los Alamos, NM



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 foods 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:

- Desaree Jimenez, Family and Consumer Sciences Agent
- Debra Tousley, RDN, LD

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:

**Los Alamos United Church**

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 505-662-2656 by September 27, 2022.