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.

Class Details

DAY OF WEEK: Mondays

DATES: March 2nd, 9th, 16th, and 23rd

TIME: 11am-2:00 pm

LOCATION: Chaves County Cooperative Extension
1610 SE Main St
Roswell, NM 88203

INSTRUCTORS: Susan Dade, RDN, LD, CDCES
Tamara Schubert, NMSU CES FCS

TO REGISTER: 575-622-3210

kitchencreations.nmsu.edu

Provided by:

Diabetes MAPP
Diabetes Management and Prevention Programs

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