

Kitchen Creations

FREE Diabetes Cooking Classes!



Class Details

- DAY OF WEEK:** Fridays
- DATES:** March 20, 27, April 3, 10, 2026
- TIME:** 4:00-7:00 PM
- LOCATION:** Eastern New Mexico University
Culinary Arts Department
1500 S Ave K
Portales, NM 88130
- INSTRUCTORS:** Michelle Howard, Roosevelt County
FCS Agent
Nicole Olson, DTR
- TO REGISTER:** Call 575-356-4417 or visit our website

kitchencreations.nmsu.edu

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

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Scan this QR code
to visit our website

