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

NM STATE **BE BOLD.** Shape the Future.
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: 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

Scan this QR code to visit our website

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