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: Tuesday, Wednesday, Thursday

DATES: October 22, 23, 28, 30

TIME: 9am – 12 noon

LOCATION: Gallup Lions Club House
3300 East Aztec Ave
Gallup, NM 87301

INSTRUCTORS: Daisy Arsenault, RD LD
Registered Dietitian
Patricia Largo, M.Ed.
Family and Consumer Science Agent
NMSU McKinley County Cooperative Extension

TO REGISTER: Call 505-863-3432, limited number of spaces available!

kitchencreations.nmsu.edu

Scan this QR code to visit our website

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