

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:



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences



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

 **PRESBYTERIAN**
Community Health

Class Details

DAY OF WEEK: Mondays

DATES: October 27, November 3, 10, 17, 2025

TIME: 1:00-4:00 PM

LOCATION: Presbyterian Hospital – Piñon Room
1010 Spruce St
Española, NM 87532

INSTRUCTORS: Joy Czmyrid & Desaree Jimenez,
Family & Consumer Sciences Instructors
Laura McCann, MS, RDN, LD

TO REGISTER: Call 505-685-4523 or visit our website

kitchencreations.nmsu.edu

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