

Free diabetes classes!

# Kitchen Creations

Please call Lori Aragon at 505-228-4905 to sign up.

Saturdays, Oct 22, 29, Nov. 5, 12  
9:00 AM – 12:00 PM

Pueblo of Laguna  
Community Services Building  
(CHWD)



Scan this QR code  
to visit our website



Please join us for this free series of 4 classes!

- Learn how to plan meals that help manage diabetes.
- Practice cooking food in healthier ways.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

These classes will be taught by:

- Lori Aragon, POL Diabetes Care Coordinator
- Cindy Davies, MA

Kitchen Creations has been provided since 2001 by:



**BE BOLD. Shape the Future.**  
**College of Agricultural, Consumer  
and Environmental Sciences**  
Cooperative Extension Service  
Extension Family and Consumer Sciences



This cooking school is also sponsored by:



Laguna Diabetes Program

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact Cassandra at 575-202-5065 by October 14, 2022.