

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: Tuesdays and Thursdays

DATES: October 7, 9, 14, 16, 2025

TIME: 5:30pm-8:30pm

LOCATION: Quay County Extension Office
216 E. Center St. – Terry Turner Building
Tucumcari, NM 88401

INSTRUCTORS: Erin Smith, Quay County
Extension FCS Agent

Nicole Olson, DTR

TO REGISTER: Call 575-461-0562 or visit our website

kitchencreations.nmsu.edu

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 the Extension Office at [PHONE #].

Scan this QR code
to visit our website

