Kitchen Creations

FREE Diabetes Cooking Classes!

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

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)**

PRESBYTERIAN
Community Health

Scan this QR code to visit our website

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity 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 #].