

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



For more information about **Paths to Health NM** programs, call:
505.850.0176 or **575.703.2343**

Class Details

DAY OF WEEK: Wednesday

DATES: September 17, 24, October 1, 8, 2025

TIME: 9:00 AM-12:00 PM

LOCATION: Bernalillo County Extension Office
1510 Menaul Ext Blvd NW
Albuquerque, NM 87107

INSTRUCTORS: Dianne Christensen, MS
Ana León, MS, RDN, LDN
Cindy Davies, MA

TO REGISTER: Call 505-243-1386 or visit our website

kitchencreations.nmsu.edu

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