

Free diabetes cooking classes!

Kitchen Creations

Please call 505-243-1386
to sign up.

WED, April 8, 15, 22, 29

9:00 AM-12:00 PM

Bernalillo County Extension Office
1510 Menaul Ext Blvd NW
Albuquerque 87107



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.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

These classes will be taught by:

- Dianne Christensen, MS NMSU Assistant Professor/Extension Agent
- Natalie Furst, Registered Dietician

Kitchen Creations has been provided since 2001 by:



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



[Type additional sponsors here. If there are none,
please delete this and the line above.]



Paths to Health NM
Tools for **Healthier** Living

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 [type phone #] by [type date].