

Free diabetes classes!

Kitchen Creations

Monday afternoons
May 3, 10, 17, 24
3:00-5:00 PM

Contact an Extension Agent
or sign up at
kitchencreations.nmsu.edu

Participate in classes from an
electronic device or by phone.



Please join us for this free series of 4 classes!

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

Classes will be taught by a Registered Dietitian Nutritionist and these NMSU Extension Agents:

Cydney Martin, Santa Fe County, cydneym@nmsu.edu

Debby Maberry, Torrance County, maberryd@nmsu.edu

Kitchen Creations has been provided since 2001 by:



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



Emily Bruton, Socorro County, emferr@nmsu.edu

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