

Free diabetes classes!

Kitchen Creations

Tuesday evenings
Oct. 26, Nov. 2, 9, 16
5:45 PM-7:45 PM

Sign up at diabetes.nmsu.edu
or call 575-202-5065.

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 Laura McCann, MS, RDN, LD and these NMSU Extension Agents:

Chase Elkins, Cibola County, chelkins@nmsu.edu

Courtney Mitchell, Harding County, courtmit@nmsu.edu

Monica Gonzales-Wilder or SueAnn Vigil, Taos County, taos@nmsu.edu

Kitchen Creations has been provided since 2001 by:



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



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 Cassandra Vanderpool at 575-202-5065 by October 20, 2021.