

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 Management and Prevention Programs



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

Class Details

DAY OF WEEK: Thursdays

DATES: May 9, 16, 23, 30

TIME: 4:00-6:30 PM

LOCATION: Alamo Community Wellness Center

INSTRUCTORS: Laura Hartung, MA, RDN, LD
Emily Bruton, Socorro County
Extension Program Director

TO REGISTER: Call Laura at 575-854-2642 ext 210
or register online

kitchencreations.nmsu.edu

For adults 18 years or older
with diabetes, prediabetes,
or who cook for someone
with diabetes



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

Enjoy making and eating
dinner together at the classes!

