

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 Program



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



For more information about **Paths to Health NM** programs, call the **NMHealth Helpline: 1-833-SWNURSE (1-833-796-8773)**



Class Details	
DAY OF WEEK:	Tuesday, Wednesday, Thursday
DATES:	October 22, 23, 28, 30
TIME:	9am – 12 noon
LOCATION:	Gallup Lions Club House 3300 East Aztec Ave Gallup, NM 87301
INSTRUCTORS:	Daisy Arsenault, RD LD Registered Dietitian Patricia Largo, M.Ed. Family and Consumer Science Agent NMSU McKinley County Cooperative Extension
TO REGISTER:	Call 505-863-3432, limited number of spaces available!
kitchencreations.nmsu.edu	

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