

Kitchen Creations

FREE Diabetes Cooking Classes!



Class Details

DAY OF WEEK: Wednesdays

DATES: January 28, February 4, 11, 18, 2026

TIME: 9:30-11:30 AM

LOCATION: Online via Zoom
Link provided after registration

INSTRUCTORS: Melissa Wright, Extension Agent
Rebecca Lamoreux, MS, RDN, LD

TO REGISTER: Call 505-454-1497 or visit our website

kitchencreations.nmsu.edu

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:



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

