

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:



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)

PRESBYTERIAN
Community Health

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

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Scan this QR code
to visit our website

