

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:



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Paths to Health **NM**
Tools for Healthier Living



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

Class Details

DAY OF WEEK: Mondays

DATES: March 3rd, 10th, 17th, and 24th

TIME: 9:00am-noon

LOCATION: Chaves County Cooperative Extension
200 E Chisum Suite #4
Roswell, NM 88203

INSTRUCTORS: Susan Dade, RDN, LD, CDCES
Tamara Schubert, NMSU CES FCS

TO REGISTER: 575-622-3210

kitchencreations.nmsu.edu

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