

If you have diabetes, eating right can be a real challenge. *Kitchen Creations* can help!

## Kitchen Creations

A cooking school for people with diabetes

Have fun as you learn how to enjoy your favorite foods in a healthy way and prepare new recipes from the *4-Ingredient Diabetes Cookbook* and *New Mexico Recipes*.

*All classes and materials are free!*

### 2 COOKING CLASSES

- Learn to plan healthy meals
- Prepare delicious dishes that manage carbohydrates
- Reduce fat, sugar, and sodium in cooking without cutting taste

In addition to preparing and tasting healthy dishes, class participants will receive a workbook and recipe books.

#### Santa Fe County Extension

Thursday July 7<sup>th</sup>, from 5:30 to 8:30 p.m.

Thursday July 14<sup>th</sup>, from 5:30 to 8:30 p.m.

Call 505-471-4711 to sign up

Pre-registration is required, so please call the Extension Office today!

**HEALTH PROGRAM**  
1-888-523-2966 [dabetesnm.org](http://dabetesnm.org)



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