

Kitchen Creations

FREE Diabetes Cooking Classes!

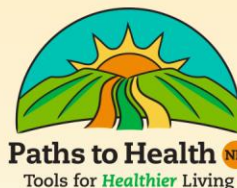
Please join us for this **FREE** series of 4 classes!

- 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 programs,
call the **NMHealth Helpline:**
1-833-SWNURSE (1-833-796-8773)

 **PRESBYTERIAN**
Community Health

Class Details

- DAY OF WEEK:** Mondays
- DATES:** October 8th, 15, 22, 29 2026
- TIME:** 10:00 a.m.-1:00 p.m.
- LOCATION:** Presbyterian Santa Fe Medical Center
Farmers Market Teaching Kitchen
4801 Beckner Rd.
Santa Fe, NM 87507
- INSTRUCTORS:** Michelle Stizza, PhD
Laura McCann, MS, RDN, LD
- TO REGISTER:** Use the QR code in the circle or call
505.471.4711

kitchencreations.nmsu.edu

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