

Kitchen Creations

FREE Diabetes Cooking Classes!



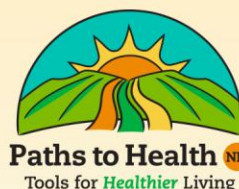
Please join us for this **FREE** series of 4 classes!

- 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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College of Agricultural, Consumer
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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: Thursdays

DATES: October 8, 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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