

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:

Diabetes MAPP
Diabetes Management and Prevention Programs



BE BOLD. Shape the Future.
College of Agricultural, Consumer and Environmental Sciences



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**

PRESBYTERIAN
Community Health

Class Details

DAY OF WEEK: Thursdays

DATES: January 9-30th 2025

TIME: 9:00 a.m.-12:00 p.m.

LOCATION:

Presbyterian Teaching Kitchen
4801 Beckner Rd
Santa Fe, NM 87507

INSTRUCTORS:

Michelle Stizza, MEd
Laura McCann, MS, RDN, LD

TO REGISTER: Call **505.471.4711** or visit our website at **kitchencreations.nmsu.edu**

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