

Kitchen Creations

FREE Diabetes Cooking Classes!



Class Details

DAY OF WEEK: Tuesdays & Thursdays

DATES: May 12, 14, 19, 21, 2026

TIME: 6:00-8:00 PM

LOCATION: Online via Zoom
Link provided after registration

INSTRUCTORS: Michelle Stizza, Santa Fe County Family and Consumer Sciences Agent
Janae Kraus, MA, RDN, LD

TO REGISTER: Call 505-471-4711 or visit our website

kitchencreations.nmsu.edu

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact the Extension Office at 575-202-5065.

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:



For more information about **Paths to Health NM** programs, call the **NMHealth Helpline: 1-833-SWNURSE (1-833-796-8773)**



Scan this QR code to visit our website