

# 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](https://kitchencreations.nmsu.edu)

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  
and Environmental Sciences



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

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Scan this QR code  
to visit our website

