

Free diabetes classes!

Kitchen Creations

Thursday afternoons
Oct. 27, Nov. 3, 10, 17
3:00 – 5:00 PM

Sign up at diabetes.nmsu.edu
or call 575-202-5065.

Participate in classes from an
electronic device or by phone.



Scan this QR code
to visit our website



Please join us for this free series of 4 classes!

- Learn how to plan meals that help manage diabetes.
- Discuss healthier ways to cook foods.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

Kitchen Creations has been provided since 2001 by:



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



Paths to Health NM
Tools for **Healthier** Living

Classes will be taught by Janae Kraus, MA, RDN, LD and these NMSU Extension Agents:

Tamara Schubert, Chaves County, tamschub@nmsu.edu

Desaree Jimenez, Los Alamos County, deswhitf@nmsu.edu

Bea Favela, Doña Ana County, bfavela@nmsu.edu

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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 Cassandra Vanderpool at 575-202-5065 by October 20, 2022.