

# Kitchen Creations

## FREE Diabetes Cooking Classes!



### Class Details

**DAY OF WEEK:** Thursdays

**DATES:** February 22, 29, March 14, 21

**TIME:** 11:00 AM-2:00 PM

**LOCATION:** Presbyterian Española Hospital  
1010 Spruce St  
Española, NM 87532

**INSTRUCTORS:** Joy Russell and Desaree Jimenez,  
Extension FCS Agents  
Laura McCann, MS, RDN, LD

**TO REGISTER:** Call 505-685-4523 or visit our website

Please sign up at: [kitchencreations.nmsu.edu](https://kitchencreations.nmsu.edu)

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

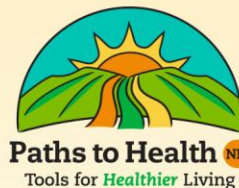
- Learn how to plan meals that help manage diabetes.
- Practice cooking foods in healthier ways.
- Enjoy the support of others who are living with diabetes.

*Provided by:*

**Diabetes MAPP**  
Diabetes Management and Prevention Programs



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College of Agricultural, Consumer  
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For more information about  
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to visit our website

