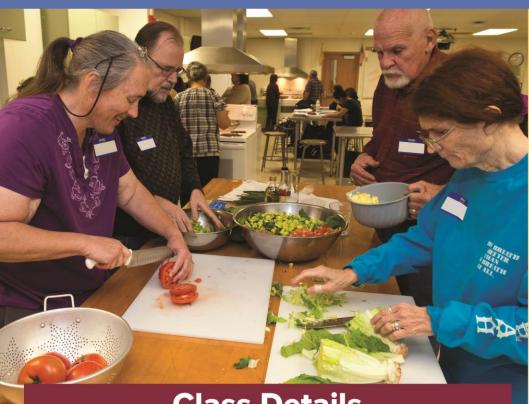
## Kitchen Creations

## **FREE** Diabetes **Cooking Classes!**



## **Class Details**

**Mondays DAY OF WEEK:** 

March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24th DATES:

9:00am-noon TIME:

LOCATION: Chaves County Cooperative Extension

200 E Chisum Suite #4

Roswell, NM 88203

**INSTRUCTORS:** Susan Dade, RDN, LD, CDCES

Tamara Schubert, NMSU CES FCS

TO REGISTER: 575-622-3210

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:







For more information about Paths to Health NM programs, call: 505.850.0176 or 575.703.2343

