Kitchen Creations

FREE Diabetes Cooking Classes!



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

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

Paths to Health NM
Tools for Healthier Living

NMHealth

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

PRESBYTERIAN
Community Health

Class Details

DAY OF WEEK: Thursdays

DATES: January 7, 14, 21, & 28, 2027

TIME: 9am to 12pm; Pinon Room

LOCATION: Presbyterian Hospital, Espanola
1010 Spruce St
Espanola, NM 87532

INSTRUCTORS: Joy Czmyrid, FCS Instructor, MA
NMSU-Rio Arriba County Extension
Laura McCann, MS, RD, LD
LMM Nutrition LLC

TO REGISTER: Call 505-578-4523, Rio Arriba Extension
Book Online | Community Health

kitchencreations.nmsu.edu

Scan this QR code to visit our website

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 Rio Arriba Extension Office at 505-578-4523