

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



Partners to Health NM, a program of the NMHealth HealthLine
1-833-5NM-HEALTH (1-833-766-8773)

Class Details

DAY OF WEEK: Saturdays
DATES: April 18, 25, May 2, 9, 2026
TIME: 10 am to 1 pm
LOCATION: Torrance County Fairgrounds
 715 10th Street
 Estancia, NM 87016
INSTRUCTORS: Debby Maberry, County Program Director
 Elizabeth Galbraith, RDN, LD
 Cindy Davies, MA
TO REGISTER: Call 505-544-4334 or email maberryd@nmsu.edu

kitchencreations.nmsu.edu

Scan this QR code to visit our website



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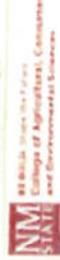


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Class Details

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: Crystal Garcia-Andrew, Valencia County FCS/4-H Agent
 Janice Krobus, MA, RDN, LD
TO REGISTER: Call 575-202-5065 or visit our website

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ONLINE



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Join us in person or online!