

# 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 Program

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



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

### 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:** Debby Maberry, Torrance County Program Director  
Janae Kraus, MA, RDN, LD
- TO REGISTER:** Call 505-544-4334 or visit our website

[kitchencreations.nmsu.edu](http://kitchencreations.nmsu.edu)

# ONLINE

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