

Free diabetes classes!

# Kitchen Creations

Please call or email to sign up:  
575-445-8071 [colfax@nmsu.edu](mailto:colfax@nmsu.edu)  
575-461-0562 [quay@nmsu.edu](mailto:quay@nmsu.edu)  
575-760-8685 [union@nmsu.edu](mailto:union@nmsu.edu)

Wed., May 13, 20, 27, June 3  
9:00-11:00 AM

Participate in classes from an  
electronic device or by phone.



Please join us for this free series of 4 classes!

- Learn how to plan meals that help manage diabetes.
- Discuss healthier ways to cook foods.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

These classes will be led by:

- Fallon Bader, RDN
- Boe Lopez, Susann Mikkelsen, Talisha Valdez, NMSU Colfax, Quay, and Union County Extension Agents
- Geoff Peterson, Executive Director, CCI

Kitchen Creations has been provided since 2001 by:



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



This virtual cooking school is also sponsored by:

Center for Community  
Innovation

Cooperative Extension Service  
Colfax, Quay, & Union Counties



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