

# 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



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



**Paths to Health NM**  
Tools for Healthier Living



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

**HMS**  
HIDALGO MEDICAL SERVICES

### Class Details

- DAY OF WEEK:** Wednesdays
- DATES:** Jan. 17, Jan. 24, Jan. 31, Feb 7
- TIME:** 11 am-2:00 pm
- LOCATION:** HMS Community Health Center  
Kitchen 1007 N Pope St. Silver City,  
NM 88061
- INSTRUCTORS:** **Christine Cutbirth**, RD, LD  
Registered Dietitian- HMS  
**Lauren Baker**  
Extension Agent
- TO REGISTER:** Call **575-388-1559** or visit our  
website

Please sign up at: [kitchencreations.nmsu.edu](http://kitchencreations.nmsu.edu)

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