

If you have diabetes, eating right can be a real challenge. *Kitchen Creations* can help!

NEW MEXICO
DEPARTMENT OF
HEALTH
1-888-523-2966

DIABETES
PREVENTION
& CONTROL
PROGRAM
diabetesnm.org



Kitchen Creations

A cooking school for people with diabetes

Have fun as you learn how to enjoy your favorite foods in a healthy way and prepare new recipes from the *4-Ingredient Diabetes Cookbook* and *New Mexico Recipes*.

All classes and materials are free!

A SERIES OF 4 COOKING CLASSES

- Learn to plan healthy meals
- Prepare delicious dishes that manage carbohydrates
- Reduce fat, sugar, and sodium in cooking without cutting taste

In addition to preparing and tasting healthy dishes, class participants will receive a workbook and recipe books.

Classes will be held at the Campos Senior Citizens Center in Santa Rosa on:

Thursday, April 6	5:30—8:00 pm
Thursday, April 13	5:30—8:00 pm
Thursday, April 20	5:30—8:00 pm
Thursday, April 27	5:30—8:00 pm

****This is a SERIES class, so if you sign up, PLEASE plan on attending all 4**
Pre-registration is required, so please call the Extension Office today!



First Come First Serve!
Sign up Quick!

People with diabetes have first priority. This program is funded by the NM Department of Health Diabetes Prevention and Control Program and the NMSU Cooperative Extension Service.