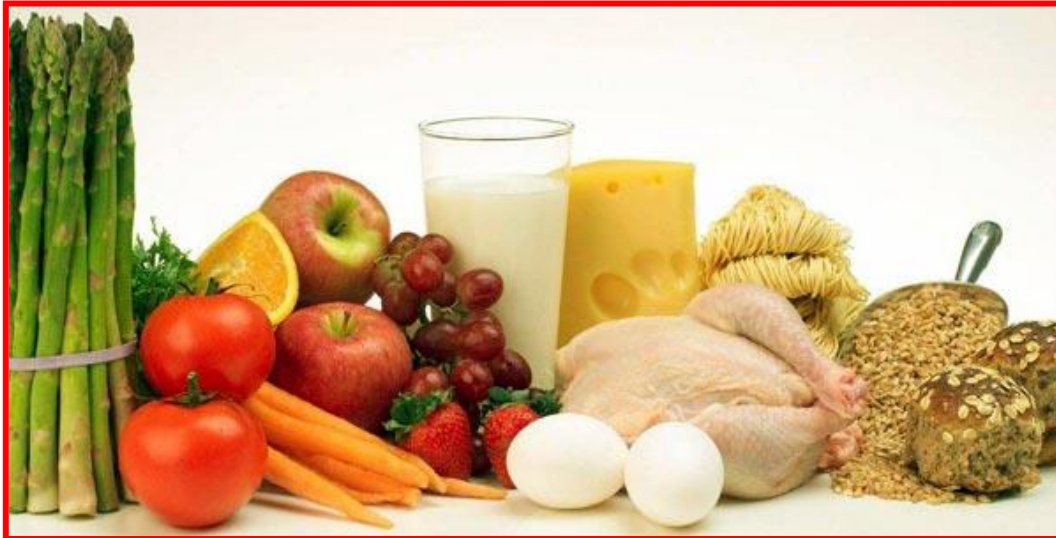


Kitchen Creations

A Diabetes Cooking School



Kitchen Creations is a series of four **FREE** classes to people with diabetes. Participants will have hands-on experience preparing recipes that are low in sugar, salt, and fat AND that taste **DELICIOUS!** In addition, all participants will receive educational materials and cookbooks. No products will be sold at the classes.

Kitchen Creations classes will meet:

Location: Peralta Memorial United Methodist Church
Community Education Building
25 Wesley Road, Peralta, NM

Dates: Wednesdays: February 6, 13, 20, & 27, 2019

Time: 9:00 to 12:00 pm

Registration Deadline: Wednesday, January 30, 2019

Call Laura at (505) 565-3002

**This program is provided by:
New Mexico Department of Health Diabetes Prevention and Control Program
New Mexico State University
Valencia County Cooperative Extension Service**



If you are an individual with a disability who is in need of an auxiliary aid or service to participate in this meeting, please contact us at 565-3002 two weeks in advance of event.

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NMSU and the U.S. Department of Agriculture cooperating.**