

Diabetes Self-Management Classes

Dignity Health / Nevada Quality & Technical Assistance Center

Free diabetes self-management programs are available in English and Spanish. Stanford curriculum, 6 sessions each.

▶ (702) 616-4914 or www.nvhealthyliving.org

Healthy Living Institute at UMC

Free diabetes self-management classes, Stanford curriculum, 6 sessions each.

▶ (702) 383-7353 (SELF) or <https://www.umcsn.com/healthy-living-institute>

Nevada Diabetes Association

Visit the statewide diabetes resource directory to find information about kids camps, support groups, classes, and resources.

▶ 1-800-379-3839 or www.diabetesnv.org

Southern Nevada Health District

Free diabetes workshops are available using the US Diabetes Conversation Maps.

▶ (702) 759-1270 or www.gethealthyclarkcounty.org
or email gethealthy@snhd.org



Please call first to ask about class costs, schedules and requirements because information may change.

Diabetes Prevention Classes

Dignity Health/ Nevada Quality & Technical Assistance Center

▶ (702) 616-4914 or www.nvhealthyliving.org

Find a listing of CDC-recognized Diabetes Prevention Programs near you:

▶ https://nccd.cdc.gov/DDT_DPRP/Registry.aspx



The Road to Diabetes Prevention Program

is a free online program developed by the Southern Nevada Health District.

Participate at your own pace.

▶ www.gethealthyclarkcounty.org/training/diabetes



www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

SNhD
Southern Nevada Health District