

# Take Control of Diabetes

**Free diabetes prevention and self-management programs** are available through the Southern Nevada Health District and our community partners. Sign up today to take control of diabetes in your life!



## DIABETES SELF-MANAGEMENT CLASSES

**Southern Nevada Health District**  
**(702) 759-1270 | [getthehealthy@snhd.org](mailto:getthehealthy@snhd.org)**  
**[getthehealthyclarkcounty.org](http://getthehealthyclarkcounty.org)**

*Free diabetes classes are available using the US Diabetes Conversation Maps. Classes include healthy eating and physical activity materials and resources to help you live healthier with diabetes.*

**Dignity Health / Nevada Quality & Technical Assistance Center**  
**(702) 616-4914 | (702) 616-4932**  
**[nvqtac.org](http://nvqtac.org)**

*Free programs available in English and Spanish; Stanford curriculum. 6 sessions.*

**Healthy Living Institute at UMC**  
**(702) 383-7353 (SELF)**  
**[umcsn.com/healthy-living-institute](http://umcsn.com/healthy-living-institute)**  
*Free and low-cost community classes, several topics, including diabetes.*

**Nevada Diabetes Association**  
**1-800-379-3839 | [diabetesnv.org](http://diabetesnv.org)**  
*Visit the statewide resource directory for information about kids and family camps, support groups, classes, and resources.*

## DIABETES PREVENTION CLASSES

**The Road to Diabetes Prevention Program**  
**[getthehealthyclarkcounty.org/training/diabetes](http://getthehealthyclarkcounty.org/training/diabetes)**  
*is a free online program developed by the Southern Nevada Health District. Participate at your own pace. The program includes healthy eating and physical activity tips and resources to help you live healthier.*

**Dignity Health / Nevada Quality & Technical Assistance Center**  
**(702) 616-4914 | (702) 616-4975**  
**[nvqtac.org](http://nvqtac.org)**

Find a listing of **CDC-recognized Diabetes Prevention Programs** near you: **[dprp.cdc.gov/Registry](http://dprp.cdc.gov/Registry)**