

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 | gethealthy@snhd.org
gethealthyclarkcounty.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

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

Free and low-cost community classes, several topics, including diabetes.

Nevada Diabetes Association
1-800-379-3839 | 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
[gethealthyclarkcounty.org/](http://gethealthyclarkcounty.org/manage-your-risk/diabetes)
manage-your-risk/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

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

Southern Nevada Community Health Center
(702) 759-1700 | snchc.org

Primary Care and Family Planning
Las Vegas: 280 S. Decatur Blvd.
Las Vegas: 2830 E. Fremont St.

Community Outreach Medical Center
(702) 657-3873

communityoutreachmedicalcenter.org
Las Vegas: 1090 E. Desert Inn Rd., Ste. 200

First Person Care Clinic
(702) 380-8118 | firstpersoncc.org

Las Vegas: 1200 S. 4th St., Ste. 111
Dental Clinic: 1200 S. 4th St., Ste 109
Las Vegas: 916 W Owens
Henderson: 200 E. Horizon Dr., Ste. A-B

FirstMed Health & Wellness Centers
702-731-0909 | fmhwc.org

Las Vegas: 400 Shadow Ln., Ste. 104
Las Vegas: 3343 S Eastern Ave.
N. Las Vegas: 3940 N. Martin Luther King Blvd., Ste. 105B

Hope Christian Health Center
(702) 644-4673 (HOPE) | hopehealthvegas.org

N. Las Vegas: 4357 Corporate Center Dr., Ste. 450
N. Las Vegas: 4040 N. Martin Luther King Blvd., Ste. A

Nevada Health Centers
1-800-787-2568

nevadahealthcenters.org

Cambridge Family Health Center
3900 Cambridge St., Ste. 102
Eastern Family Medical and Dental
2212 S. Eastern Ave.
Dental appointments call (702) 597-3898
Henderson Family Health Center
98 E. Lake Mead Pkwy., Ste. 103
Martin Luther King Family Health
1799 Mt. Mariah Dr.
Walk-in appointments may be available
CP Squires School Based Health Center
1312 E Tonopah Ave.
North Las Vegas Family Health
2225 Civic Center Dr., Ste. 224

R.E.A.C.H. Your Community Health Center
(702) 703-1163 | reachlv.org

Las Vegas: 823 Las Vegas Blvd. S., Ste. 500



Low-cost Clinics

Low-cost treatment of diabetes and other health care services are available through the Southern Nevada Community Health Center and our community partners.

Please call first to determine eligibility.

Silver State Health Services
(702) 471-0420 | silverstatehealth.org

Behavioral Health, Primary Care, and Student Services

Las Vegas: 2965 S Jones Blvd.

Volunteers in Medicine of Southern Nevada
(702) 967-0530 | vmsn.org

Free clinics. Call for appointment, no walk-ins.

Paradise Park Clinic
4770 Harrison Dr.

Ruffin Family Clinic
1240 N. Martin Luther King Blvd.

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

