

# 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](mailto:gethealthy@snhd.org)**  
**[gethealthyclarkcounty.org](http://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](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**  
**[gethealthyclarkcounty.org/  
manage-your-risk/diabetes](http://gethealthyclarkcounty.org/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](http://nvqtac.org)**

Find a listing of **CDC-recognized Diabetes Prevention Programs** near you: **[dprp.cdc.gov/Registry](http://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](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

