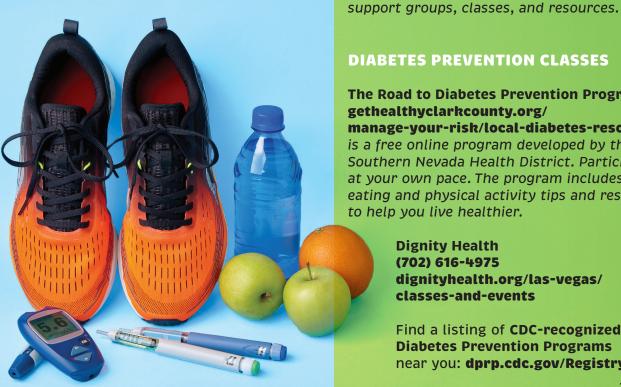
## Take Control of \_\_\_\_\_\_ Diabetes

## 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/ manage-your-risk/local-diabetes-resources 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** (702) 616-4932 dignityhealth.org/las-vegas/ classes-and-events

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,

## **DIABETES PREVENTION CLASSES**

The Road to Diabetes Prevention Program gethealthyclarkcounty.org/ manage-your-risk/local-diabetes-resources 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** (702) 616-4975 dignityhealth.org/las-vegas/ classes-and-events

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

www.gethealthyclarkcounty.org

