

FREE CLASS



MANAGE YOUR DIABETES



AVAILABLE ONLINE OR IN PERSON

Classes are taught by Health Educators who are trained facilitators in the Conversation Map® Diabetes Self-Management & Education curriculum.

BENEFITS OF OUR CLASSES:

- Learn how to better self-manage your condition
- Reduce risk of diabetes-related complications
- Improve healthy lifestyle behaviors

PARTICIPANTS IN OUR INTERACTIVE CLASSES ARE PROVIDED WITH RESOURCES INCLUDING:

- Portion plates
- Healthy recipes
- Stretch bands
- More



LEARN MORE

 (702) 759-1270

 gethealthy@snhd.org

 gethealthyclarkcounty.org/myd



SCAN THIS CODE
TO SIGN UP

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

SNHD
Southern Nevada Health District



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.