

# 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/Manage-Your-Risk/Local-Diabetes-Resources/)**  
**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/](http://dignityhealth.org/las-vegas/classes-and-events)**  
**classes-and-events**  
Diabetes management classes are available. Call for info.

**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)**  
For information about kids and family camps, support groups, classes, and resources.

## DIABETES PREVENTION CLASSES

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

**Dignity Health**  
**(702) 616-4975**  
**[dignityhealth.org/las-vegas/](http://dignityhealth.org/las-vegas/classes-and-events)**  
**classes-and-events**

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

