

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/diabetes-class

Free diabetes classes are available using 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

Diabetes management classes are available. Call for information.

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

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

DIABETES PREVENTION PROGRAM

Walking Together: Preventing Diabetes is a free online program that can help you reduce the risk of developing type 2 diabetes. Learn about your risk factors and how to make simple lifestyle changes to improve your health. Sign up at **gethealthyclarkcounty.org/dp**

DIABETES PREVENTION CLASSES

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

Dignity Health
(702) 616-4975
dignityhealth.org/las-vegas/classes-and-events

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

