


**From:** Rayleen D. Earney Earney@SNHD.ORG   
**Subject:** Clark County Diabetes Group Weekly Updates October 24 2025  
**Date:** October 24, 2025 at 10:12 AM  
**To:**

RE



Happy Friday Everyone! SNHD will be **closed** Friday, October 31 in observance of **Nevada Day!**

## SNHD Community Calendars:

- **Get Healthy Events Calendar:**  
<https://gethealthyclarkcounty.org/community-calendar/>
- **Viva Saludable Events Calendar (Spanish):**  
<https://www.vivasaludable.org/calendario/>

## COMMUNITY UPDATES

### NEW

1. **Adriana Fitness**  
**Personal Trainer and Nutritionist**  
**Call: 702-502-5535**  
5310 W Sahara Ste B, Las Vegas, NV 89146



# PROBLEMAS DE SALUD

1 SESIÓN GRATUITA  
PARA DETERMINAR QUÉ  
NECESITA SU HIJO

**DRC**   **RESPITE**   **ACUMEN**

**702-502-5535**  
[Adrianafitness@yahoo.com](mailto:Adrianafitness@yahoo.com)

5310 W Sahara Ave b,  
Las Vegas, NV 89146

**NEW**

- 2. Dignity Health**  
**Free Diabetes Self-Management Workshop**  
**Class Series Starts November 4**  
**Sign up today!**

# Diabetes Self-Management Program

**Are you interested in learning how to better manage your diabetes? Join our complimentary workshop!**

The Diabetes Self-Management Program is a 2.5 hour class held once a week, for 6 weeks, taught by by two trained leaders. It's time to take control and learn better ways to manage your diabetes!

**During the FREE program you will learn:**

Social and peer support	Healthy Eating	Coping with Stress	Problem Solving



Mental health and positive thinking      Physical Activity      Communicating and following up with your healthcare team      Weekly Goal Setting

**Tuesdays, November 4- December 16, 2025**  
 No class November 25  
 2:30-5:00 PM  
 Virtual via Zoom

 Dignity Health.  
 A member of CommonSpirit      in Collaboration with

 Nevada Health Partners

Interested in joining or need more information?  
 Email  
 Jemaima.Tagayuna@commonspirit.org  
 or call (702) 620-7800.

**NEW**



### 3. T1D Fall Festival

- Join us for the ultimate T1D Fall Festival! Enjoy an exciting evening filled with fall-themed fun for all ages, tasty snacks, and your local type 1 diabetes community. This is your chance to relax, play, and enjoy everything you love about fall before the busy holiday season starts.
- **Date:** Tuesday, October 28, 2025
- **Time:** 6:00 pm – 7:30 pm
- **Location:** Mountain's Edge Community Center, 8015 Blue Diamond Road Suite 120 Las Vegas, NV 89178
- For more information and to RSVP: [BreakthroughT1D.org/nevada/t1dfallfest](https://BreakthroughT1D.org/nevada/t1dfallfest)

### Type 1 Adult Connection – Relaxation Night

- Step away from the holiday stress and treat yourself to a night of relaxation and connection. Unwind, de-stress, and connect with other adults with type 1 diabetes while exploring fun ways to relax before the holiday chaos.
- **Date:** Thursday, November 6, 2025
- **Time:** 6:00 pm – 7:30 pm
- **Location:** Dignity Health Wellness Center, 9880 West Flamingo Road Suite 220 Las Vegas, NV 89147
- For more information and to RSVP: [BreakthroughT1D.org/nevada/adultconnection](https://BreakthroughT1D.org/nevada/adultconnection)

### Breakthrough T1D Walk, Las Vegas

- Join the largest type 1 diabetes community celebration at this year's Breakthrough T1D Walk!
- **Date:** Saturday, November 15, 2025
- **Time:** Site opens at 8:30am, walk starts at 10am
- **Location:** UNLV, 4505 S Maryland Pkwy Las Vegas, NV 89154

- For more information and to register: [Walk.BreakthroughT1D.org/LasVegas](http://Walk.BreakthroughT1D.org/LasVegas)

**NEW**

November 1

4. **City of Las Vegas**  
**Dia de los Muertos Festival**  
**525 Main Street**  
**3-9 pm**  
**702-229-ARTS**

Produced by the city of Las Vegas, this lighthearted and joyful tribute honors the memory of family and friends who passed away in a fun and immersive atmosphere, featuring special entertainment by local and guest artists, interactive children's activities, artisan vendors, food, face painting, special décor, and an exhibition of altars created by community organizations and groups.

Discover + Las Vegas

# Dia de los Muertos

## FESTIVAL

**Saturday | Nov. 1 | 3-9 p.m.**

**CAROLYN G. GOODMAN PLAZA**  
**525 MAIN ST.**

**FREE EVENT**  
All Ages

Join us in our new location at the Carolyn G. Goodman Plaza at Las Vegas Civic Center in downtown Las Vegas! Celebrate Dia de los Muertos (Day of the Dead) with the city of Las Vegas! This vibrant homage to life is a true community event and one of the most charming and colorful holidays celebrated by Mexican and Latin American cultures. Produced by the city of Las Vegas, this lighthearted and joyful tribute honors the memory of family and friends who passed away in a fun and immersive atmosphere, featuring special entertainment by local and guest artists, interactive children's activities, artisan vendors, food, face painting, special décor and an exhibition of altars created by community organizations and groups. Join us for our Catrina and Catrín costume contest!

CITY OF **Las Vegas** #DiscoverLV 702.229.ARTS TTY 711 f X @ YouTube in d

Explore the city at [LasVegasNevada.gov/Discover](http://LasVegasNevada.gov/Discover)

OA-12658 9/25

**NEW**

November 13

- 5. Free Blood Pressure Screening at Expertise Cosmetology  
SNHD  
Email: [harveya@snhd.org](mailto:harveya@snhd.org)**

## Blood Pressure Screening at Expertise Cosmetology



### DATE

November 13, 2025



### TIME

1:00 pm - 3:00 pm



### LOCATION

Expertise Cosmetology  
Institute  
1911 Stella Lake St. Las  
Vegas, 89106

Join us for free blood pressure screenings, health education referrals to healthcare providers for those uninsured or without a medical home.

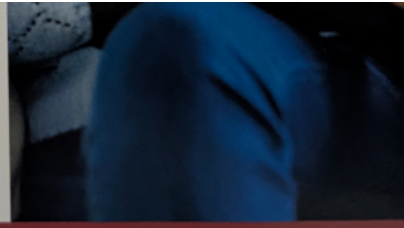
If you are interested in learning more or getting involved, please contact Amineh Harvey at (702) 759-0790 or email [harveya@snhd.org](mailto:harveya@snhd.org).

**NEW**

- 6. American Diabetes Association  
ADA Community Support Network  
<https://peer-support.chronicdiabetes.com/>**

The advertisement features the American Diabetes Association logo on the left, which consists of a stylized red 'A' followed by the text 'American Diabetes Association'. Below the logo, the text reads 'Your Questions **ANSWERED**' with 'ANSWERED' in a larger, bold font and underlined. Underneath, it says 'Be among the first to experience our new American Diabetes Association® (ADA) Community Support Network.' At the bottom, a red banner contains the text 'PEER SUPPORT > INSPIRATION > BETTER LIVING'. On the right side of the advertisement, there is a photograph of an elderly woman with short white hair and a blue sweater, and an elderly man with a beard and glasses wearing a red and black plaid shirt. They are both smiling and looking at a laptop screen together.

Join the  
Conversation  
Today!



October 25

7. **Healthy Living Institute at UMC  
Halloween Safe-Tacular  
702-383-7353 (SAFE)**

HEALTHYLIVING  
INSTITUTE at UMC

UMC | Children's  
Hospital

ANNUAL  
**HALLOWEEN  
SAFE-TACULAR**  
and BOOster Bonanza

SATURDAY, OCTOBER 25 | 10 A.M. - 1 P.M.  
UMC CHILDREN'S HOSPITAL | 800 HOPE PLACE

Free goodie bags\* with treats, pedestrian safety gear and information

UMC Children's Hospital and our community partners,  
are committed to reducing the number and severity of  
pedestrian injuries by empowering children to exercise  
caution and use appropriate safety gear. For more  
information, please call **702-383-SELF** (7353).

\*While supplies last

October 27

OCTOBER 27

8. **Meeting for Nursing Professionals**  
Sponsored by the **Sigma Theta Tau local chapter**

International Honor Society of Nursing Zeta Kappa At-Large Chapter



## Membership Meeting 10/27

### Our Mission

Developing nurse  
leaders anywhere to  
improve healthcare  
everywhere

### Our Vision

Connected, empowered  
nurse leaders  
transforming global  
healthcare

Join us and meet Nursing Professionals as we discuss:



Join us for a conversation to learn how **Breakthrough T1D** can support type 1 diabetes (T1D) in our community.

October 27th, 2025 at 4:30 pm PST / 7:30 pm EST Via  
Zoom: <https://nsc-edu.zoom.us/j/81084175556?from=addon>

**Hope to see you all there!**

In collaboration with



9. **YMCA Diabetes Prevention Program** starting November 14th  
**Scan the survey on the flyer to see if you are qualified to attend!**  
**Durango Hills YMCA**  
**See attached Healthy New Start flyer or call: 702-522-7370**

**FIND A HEALTHY NEW START**

Free 1-year YMCA Membership

Free 1-year YMCA Membership  
 • Free Lifestyle Coach  
 • Proven Weight-loss Program

The National Diabetes Prevention Program can help you:

- Lose weight
- Prevent or delay diabetes
- Reduce risk of heart disease & stroke
- Improve cholesterol
- Boost energy
- Increase overall well-being

Get support, stay motivated, and take charge of your health!

**Begins Friday, Nov 14th**  
 10:00-11:00am  
 Durango Hills YMCA  
 3521 N Durango Dr  
 Las Vegas, NV 89129

Take this quick quiz to learn if you qualify:



SCAN ME

For more information, contact:  
 Courtney Taber  
 702.522.7370  
 CTaber@LasVegasYMCA.org



Comagine Health    the Y    NATIONAL DIABETES PREVENTION PROGRAM    SNHD

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November 4 and 18  
 10. **Pop-Up Produce Stands**  
**At Bonneville RTC**  
**SNHD**  
**SNAP/EBT ACCEPTED**



**POP-UP  
 PRODUCE STANDS**

**BONNEVILLE TRANSIT CENTER**  
 101 E. BONNEVILLE AVE

101 E. BONNEVILLE AVE.  
LAS VEGAS, NV 89101

**SEP.**    **OCT.**    **NOV.**    **DEC.**  
**2 & 9**    **7 & 14**    **4 & 18**    **2 & 9**  
**11AM - 2PM**

Come shop for a variety of affordable fruits & vegetables at the Fall Pop-Up Produce Stands. Use your SNAP/EBT card to bring home healthy nutritious foods.



www.gethealthyclarkcounty.org  
GET MOVING. EAT BETTER. LIVE TOBACCOFREE.



Made possible with funding from the Centers for Disease Control and Prevention.

### 11. Pop-Up Produce Stands Spanish SNAP/EBT ACCEPTED



# PUESTOS DE PRODUCTOS AGRÍCOLAS

**BONNEVILLE TRANSIT CENTER**  
101 E. BONNEVILLE AVE.  
LAS VEGAS, NV 89101

**SEPT.**    **OCT.**    **NOV.**    **DIC.**  
**2 & 9**    **7 & 14**    **4 & 18**    **2 & 9**  
**11AM - 2PM**

Venga a comprar una variedad de frutas y verduras a precio asequible en el evento de Otoño de los Puestos de Productos Agrícolas. Use su tarjeta SNAP/EBT para llevara casa alimentos nutritivos y saludables.



Hecho posible con fondos de los Centros para el Control y la Prevención de Enfermedades.

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[www.getthehealthyclarkcounty.org](http://www.getthehealthyclarkcounty.org)

[www.snhd.info](http://www.snhd.info)

[www.vivasaludable.org](http://www.vivasaludable.org)

Phone: 702-759-1271

Email: [earney@snhd.org](mailto:earney@snhd.org)

SNHD @ Decatur is closed Fridays.

I work remotely Mon and Fri.



# Diabetes Self- Management