

From: Rayleen D. Earney Earney@SNHD.ORG 
Subject: Clark County Diabetes Group Weekly Updates October 30 2025
Date: October 30, 2025 at 12:31 PM
To:

RE



Good day 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. Need assistance during the shut down? Check out these Nevada resources
<https://news3lv.com/news/local/where-federal-workers-can-find-help-in-southern-nevada>
See a list of local food pantries, resources across the Las Vegas valley
<https://news3lv.com/news/local/see-a-list-of-local-food-pantries-resources-across-the-las-vegas-valley>

November 8

2. **Valley Vegas Church**
Food Pantry Giveaway
4500 W Sahara Ave, Las Vegas, NV 89102

SATURDAY, NOVEMBER 8 | 8 AM

FOOD PANTRY

Giveaway

VOLUNTEERS ARRIVE AT 6 AM

Food Pantry Giveaway



November 8, 2025



6:00 - 9:00am



Add to
calendar



Share

Our Food Pantry Giveaway will be held on Saturday, November 8! Come fellowship and serve our community of those in need. Let your heart be touched by your giving and serving

Jesus to all who join us in line! Volunteers meet at 6:00AM for prayer, fellowship, and food preparation, and we start serving families at 8:00AM. We can't wait to see you there!

November 3

3. R.E.A.C.H. Health Screenings

REACH
RESEARCH, EDUCATION AND ACCESS TO COMMUNITY HEALTH

Guatemala Saludable

**CONSULADO GENERAL DE GUATEMALA
LAS VEGAS, NEVADA**

JORNADA DE SALUD

LUNES 3 DE NOVIEMBRE

10 am - 1 pm

- **Vacunas Flu/Gripe**
- **Revisiones Dentales**
- **Exámenes de la vista**
- **Información Mamografías**
- **Nutrición Infantil**

**Servicios GRATUITOS
y programas a bajo costo.**

CONSULADO GENERAL DE GUATEMALA EN LAS VEGAS
3785 E Sunset Rd, Las Vegas, NV 89120

4. November 4
REACH Health Screenings





JORNADA DE SALUD

MARTES 4 DE NOVIEMBRE

10 am - 1 pm

- Consultas Médicas
- Vacunas Flu
- Exámenes de la vista
- Revisiones Dentales
- Información Mamografías
- Pruebas VIH
- Seguros médicos

**Servicios GRATUITOS
y programas a bajo costo.**

CONSULADO DE MÉXICO EN LAS VEGAS
823 S. 6th St. Las Vegas , NV 89101

November 4

5. 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

BONNEVILLE TRANSIT CENTER
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.

**7. Pop-Up Produce Stands Spanish
SNAP/EBT ACCEPTED**



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.

8. American Diabetes Association Online Support Group (English)

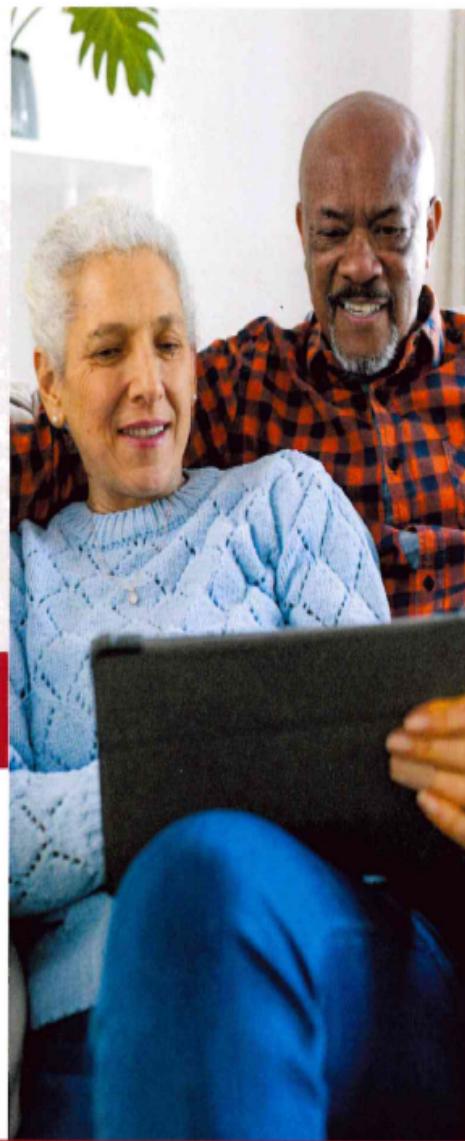


Your Questions ANSWERED

Be among the first to experience our new
American Diabetes Association® (ADA)
Community Support Network.

PEER SUPPORT • INSPIRATION • BETTER LIVING

Join the
Conversation
Today!





It takes

ALL
OF US

to end diabetes.

PEER SUPPORT • INSPIRATION • BETTER LIVING

NEW

November 5

9. Dignity Health

Diabetes Monthly Support Group

Monthly Diabetes Support Group





This Month's Topic: Carbs Unpacked: Your Guide to Smarter Choices

Unpack the mysteries of carbohydrates! This session will equip you with essential carb counting skills, empowering you to make informed food choices and better manage your blood sugar with confidence. Learn practical strategies for healthier living.

Wednesday, November 5, 11 a.m. to 12 p.m.

(The first Wednesday of every month)

GREEN VALLEY FREE

2651 Paseo Verde Pkwy Suite 180 Henderson NV, 89074

No Registration Required.

For more information, please call or text Rhonda at 702-616-4975.

10. **Weight Management Class**
Dignity Health



Lighten Up: The Path to Your Best Self

Your path to a healthier, lighter you starts here. This weight management class goes beyond the scale, exploring the behaviors and techniques that truly impact your ability to achieve and maintain a healthy weight for life.

Wednesday, November 12, 2 p.m. to 3 p.m.

\$10 fee for registration

2651 Paseo Verde Pkwy Suite 180 Henderson NV, 89074

For more information and to register, please call or text Rhonda at
702-616-4975.

November 7

NEW

7. R.E.A.C.H. Screenings



CONSULADO GENERAL DE EL SALVADOR
EN LASVEGAS, NEVADA

JORNADA DE SALUD

VIERNES 7 DE NOVIEMBRE

1 pm - 4 pm

- Consultas médicas**
- Vacunas del Flu**
- Exámenes de la vista**
- Información mamografía**
- Programa Dentistas**
- Pruebas de VIH**
- Seguros médicos**

SERVICIOS GRATIS

CONSULADO GENERAL DE EL SALVADOR
765 N. Nellis Blvd suite #5 Las Vegas , NV 891

November 14

8. YMCA/Comagine/SNHD

Free Diabetes Prevention Program

Scan QR code to see if you qualify!

Free 1 year YMCA membership (for those who are eligible)

Sign up Today!

FIND A HEALTHY NEW START

- **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:



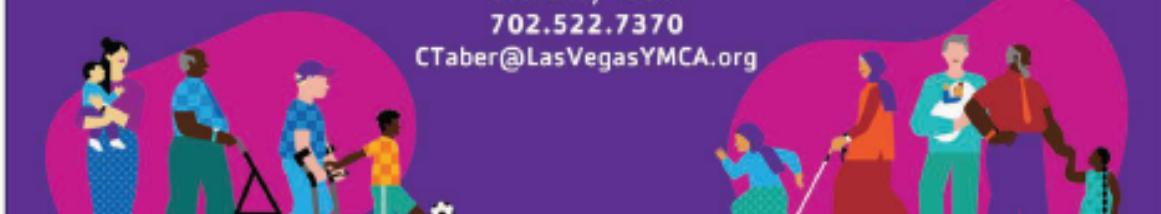
SCAN ME

For more information, contact:

Courtney Taber

702.522.7370

CTaber@LasVegasYMCA.org





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NEW

9. Hearts of Passion Home Care Veteran Owned and Operated



The screenshot shows the homepage of the Hearts of Passion Home Care website. At the top, there is a banner with the text "VETERAN OWNED AND OPERATED" and a small American flag icon. Below the banner is the company logo, which features a stylized house shape formed by two hearts, with the text "Hearts of PASSION Home Care" in a script and sans-serif font. A large, bold, red "RELIABLE Caregivers" heading is displayed. Below this, a box contains the text: "Our trained Caregivers will provide reliable and culturally competent assistance with Activities of Daily Living (ADL)." followed by a list of services: Bathing, Dressing, Eating, Grooming, Medications, and Mobility, each preceded by a small heart icon. Below this box are four heart-shaped icons containing images of elderly individuals: a veteran, a respite care recipient, a disabled person, and an elderly person. Below these images are the service names: "VETERAN Care", "RESPITE Care", "DISABILITY Care", and "ELDERLY Care". At the bottom, a teal-colored box lists the organizations the company is currently providing care for: Anthem Healthcare (MCO), Clark County, Helping Hands, Molina Healthcare (MCO), Nevada Medicaid, Private Pay, Silver Summit (MCO), and Triwest Veteran Health. The contact information at the very bottom includes a location pin icon with the address "7251 W Lake Mead Ste 300 Las Vegas, NV 89128", an envelope icon with the email "maine@heartsofpassionehc.com", and a phone icon.

RELIABLE Caregivers

Our trained Caregivers will provide reliable and culturally competent assistance with Activities of Daily Living (ADL).

Hearts of PASSION Home Care

Hearts of PASSION Home Care

VETERAN Care **RESPITE** Care **DISABILITY** Care **ELDERLY** Care

Homecare & Companionship

NOW PROVIDING CARE FOR RECIPIENTS OF...

Anthem Healthcare (MCO) Clark County Helping Hands
Molina Healthcare (MCO) Nevada Medicaid
Private Pay Silver Summit (MCO) Triwest Veteran Health

7251 W Lake Mead Ste 300 Las Vegas, NV 89128

maine@heartsofpassionehc.com

 (702) 227-5069

November 19

11. Project Homeless Connect



Fall 2025

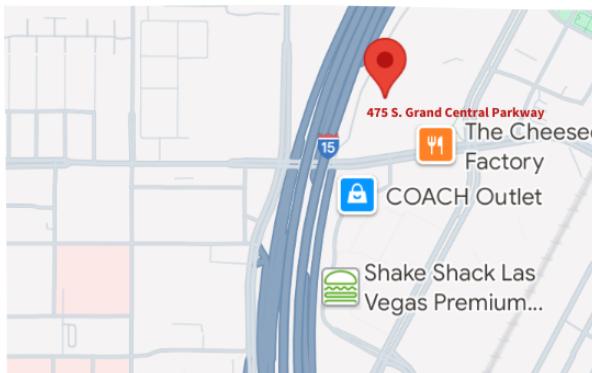
Project Homeless Connect



Wednesday November 19, 2025
9:00 am - 4:00 pm

World Market Center

475 S. Grand Central Parkway, Las Vegas, NV, 89106



Services are free!

Housing & Shelter	Veterans Services
Medical, Dental,	Family Services
Vision	Youth Services
Vaccine Clinic	Senior Services
Mental Health	Clothing
Recovery Support	Hygiene Care
SNAP / EBT, TANF	(Showers & Haircuts)
Social Services	Pet Care
Legal Aid	And Take-away Meals!
Job Readiness	

November 19

12. UNR Healthy Aging Summit

2025 Educational Summit

**Shared
Responsibility:
Engaging in
Alternative and
Creative Therapies for
Older Adults**



**Wednesday, November 19, 2025
8:00 am to 4:30 pm**

*University of Nevada, Reno Extension
8050 Paradise Rd., Las Vegas, NV 89123*

**\$ 50 Registration includes Continental
Breakfast, Lunch, Educational Materials,
Community Resources and Six CEU for:**

As we grow older, staying healthy and feeling connected becomes more important than ever. Presenters will be sharing proven therapies that work in conjunction with traditional healthcare, offering new ways to support well-being, comfort, and independence.

(Register Here: <https://events.unr.edu/event/shared-responsibility-engaging-in-alternative-and-creative-therapies-for-older-adults>)



For more information, please call Natalie Mazzullo 702-948-5911 or email nmazzullo@unr.edu



Lunch sponsorship provided by



- Social Workers (pending)
- Nurses
- Long-Term Care Administrators
- Certified Health Education Specialists
- Marriage and Family Therapists

Presenters:

Mindful Musicking: Therapeutic Uses of Music for Brain Health

Julie Renato, Cleveland Clinic Lou Ruvo Center for Brain Health

Golden Steps: Dances To Keep You On Your Feet!

Annie Lindsay, PhD, University of Nevada, Reno Extension

Healing Companions: The Role of Therapy Animals in Alternative Medicine

Stephanie Gerkin, Director, Michael's Angel Paws

Laughter Yoga: Enhancing Health & Reducing Stress

Ellen Grossman, University of Nevada, Reno Extension

HeART Wisdom: Healing Through Intentional Creativity®

Havi Mandell, PhD, LCSW, Intentional Creativity® Artist

The Right to Leisure: Reclaiming Recreation as a Vital Element of Health and Healing

Jennifer Carson, PhD, University of Nevada, Reno, Director, Dementia Engagement, Education and Research Program

13. Senior Expos Medicare Open Enrollment

LET THE GOOD TIMES ROLL SENIOR EXPOS

MEDICARE 2025 OPEN ENROLLMENT HEALTH • WELLNESS • LIFESTYLE

Stay informed! Discover the latest changes to Medicare during Open Enrollment from October 15 – December 7.

CASINO HELD EVENTS

9/20	AZ CHARLIES ON DECATUR
9/27	THE ORLEANS CASINO
10/10	SANTE FE STATION CASINO
10/17	ALIANTE SPA & CASINO
10/25	THE M RESORT HOTEL/CASINO
11/1	THE CANNERY CASINO
11/10	THE SILVERTON CASINO

Fun!

Play Bingo &
WIN a 55" TV



Smith's

VACCINATIONS AND
BLOOD PRESSURE
SCREENINGS
AVAILABLE
AT ALL 10
EXPOS

11/20 SUNCOAST CASINO
 11/29 THE NUGGET CASINO - PAHRUMP
 12/4 AZ CHARLIES ON DECATUR
10AM till 1PM

FREE
ADMISSION

PUTT 4 PRIZES

\$10 GAMING COUPON
 The First 30 Attendees

Community Sponsors
Humana

BIG BULLY TURF Putt 4 PRIZES
 Vaccinations
 Medicare Bingo
 Goodie Bags
 Prize Giveaways
 Healthcare Info

MEDICARE FAIRS & MORE
 Senior Health Fairs
 WWW.MEDICAREFAIRS.COM
 EXHIBITOR INFO: 702-677-4683

ALIGNMENT **MEDICARE BY AMA** **SEMPER FI** **SCAN** **BIG BULLY TURF**

14. Helping Hands of Vegas Valley

"HOME DELIVERED MEALS" PROGRAM
NEEDS VOLUNTEERS LIKE YOU!



WHO WE ARE:

THE "HOME DELIVERED MEALS" PROGRAM AT
 HELPING HANDS OF VEGAS
 VALLEY

WHAT ARE WE LOOKING FOR:

NEED CARING INDIVIDUALS
 TO DELIVER FRESH-PREPARED
 MEALS TO HOMEBOUND



SENIORS IN OUR LOCAL COMMUNITY

**WHEN DO WE NEED YOU:
MONDAY'S AND THURSDAY'S
WITH A PICKUP TIME STARTING
BETWEEN 10:00AM - 11:00AM**

***MANDATORY SCREENING IS
REQUIRED AND MAY TAKE UP TO
48 HOURS.**

Interested In Joining Our Volunteer Force?

Call 702-633-7264 Ext 223,

Text 725-724-2325

or email Marilyn Villela,

Program Manager at

marilyn.villela@hhoovv.org

Looking forward to your help!

**HHOVV.ORG/VOLUNTEER-
OPPORTUNITIES**

NEW

15. UNR Healthy Living While Aging Newsletter

Healthy LIVING while aging!



November 2025

Newsletter provided by University of Nevada, Reno Extension

Volume 6,

Mindful Musicking: Therapeutic Uses of Music for Brain Health

By: Julie Renato

Have you ever listened to the radio, and found yourself singing along to a song you haven't heard in years? Or noticed your toes tapping to music while sitting in a restaurant? These are everyday examples of how music is deeply rooted in our brains, with connections reaching far beyond auditory processing, to movement, memory, language and emotional responses.

Many people would agree that music can be therapeutic. It is a part of our lives from a young age, beginning with falling asleep to lullabies and rhythmic rocking, followed by singing songs to memorize the alphabet and learn concepts in school, and eventually developing personal music preferences, attending concerts, dancing and potentially learning to play an instrument. What many do not realize is the strong networks the music we are listening to and interacting with forms in our brains throughout our lives. These networks connect multiple regions of the brain and are long-lasting, including into later stages of memory loss.

Because of the unique way music is processed in the brain, it can help us:

- Increase physical activity
- Remember information
- Maintain our vocal health and vocabulary
- Improve our mood
- Relax or fall asleep

Music therapy is an allied health profession where credentialed therapists use evidence-based music interventions to accomplish nonmusical goals and objectives. At Cleveland Clinic Nevada, as a board certified and licensed music therapist, I help individuals with neurodegenerative disorders manage symptoms and improve quality of life through group and individual therapy programs. Music therapy can positively impact symptoms related to movement, communication, cognition

Julie Renato is a licensed music therapist with the Cleveland Clinic Nevada Lou Ruvo Center for Brain Health.



You do not need to be a music therapist to incorporate music into a daily routine for cognitive benefit. Music is a low-cost tool we all have access to. It is just about building your Music Toolbox.

Music Tools for Brain Health

- Listen to familiar preferred music daily! The exact music does not matter, but that it is personal to the listener.
 - These songs will light up every region of the brain. Listening to them is a full brain workout.
- Move your body to music!
 - Find upbeat music you enjoy and use it during a daily walk or with your favorite online exercise video. Try to move your body to the beat. This will help with coordination of movement, as well as increasing endurance.
- Sing along to music
 - Whether it is in the shower, on the radio, or weekly karaoke with family or friends, singing along to music is a way to exercise memory and language.
- Build a playlist
 - Group songs together that are similar to achieve a purpose, such as playing calming music to wind down at night, or uplifting music to improve mood.
- Play an instrument
 - It is never too late to learn something new. Taking music lessons is a great way to exercise the brain.
 - If you already know how to play an instrument, continue to play! This is an excellent way to keep the brain active and engaged, while building off existing brain networks.

To view or register for Cleveland Clinic Nevada Music Therapy Programs, please visit
<http://clevelandclinic.org/NVmusicprograms>

To find a music therapist near you visit cbt.org

and mood.

Please visit [extension.unr.edu/Healthy Aging](http://extension.unr.edu/HealthyAging) to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or, email HealthyAging@unr.edu.

For older adults, a healthy and delicious symphony of Thanksgiving sides balances tradition with softer textures, lower sodium and higher fiber. Here is a menu of adapted classics, from soft and creamy to hearty and flavorful.

Soft and creamy

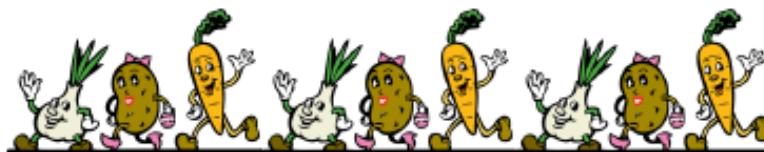
- Garlic and rosemary mashed potatoes: Make this classic healthier by using low-sodium broth and unsalted butter, or by substituting some or all of the potatoes with fiber-rich mashed cauliflower. The soft texture is easy to chew and the fresh herbs provide robust flavor.
- Creamy butternut squash soup: This naturally sweet and creamy soup is an elegant, easy-to-digest starter. Using fresh ingredients and minimal added sugar makes it a nutrient-rich addition to the meal.
- Sweet potato purée with ginger and cinnamon: Instead of a marshmallow casserole, offer a simple, warm sweet potato purée. Sweet potatoes are rich in beta-carotene and fiber, and a dash of spices enhances their flavor without excess sugar.
- Broccoli and cheese casserole: For a softer take on a traditional bake, prepare a creamy casserole with well-cooked broccoli florets and a low-fat cheese sauce. This ensures a soft texture while providing vitamins and calcium.

Hearty and flavorful

- Apple and pear stuffing: Adapt classic stuffing by using whole-grain bread and cooking it to a softer consistency. Add moisture with low-sodium broth and sautéed onions and mix in soft diced apples and pears for a sweet and savory fruit flavor.
- Glazed carrots: Simmer carrots with a light glaze of maple syrup and a sprinkle of cinnamon until they are very tender and easy to chew. Roasting also works, as long as the carrots are cooked until soft.
- Green beans with toasted pecans: Skip the canned soup and fried onions in favor of blanched or steamed green beans. Sauté them with mushrooms and onions and top with a sprinkle of toasted, crushed pecans for texture.
- Cranberry orange sauce: Making cranberry sauce from scratch allows you to control the amount of sugar. Orange zest and a touch of honey or maple syrup can provide sweetness with a bright flavor and the soft sauce is easy to eat.

Light and refreshing

- Kale and pomegranate salad: A shaved kale salad is a fibrous, flavorful dish that adds a vibrant color to the table. Shave the kale finely and toss with a light dressing to soften it, then add pomegranate seeds and a light sprinkling of goat cheese for tang.
- Citrus and beet salad: This visually stunning salad pairs soft, earthy roasted beets with the bright flavor of citrus segments. Beets are rich in fiber and potassium, making this a healthy and colorful choice.



An 1880/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.



16. 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

Breakthrough T1D Walk, Las Vegas

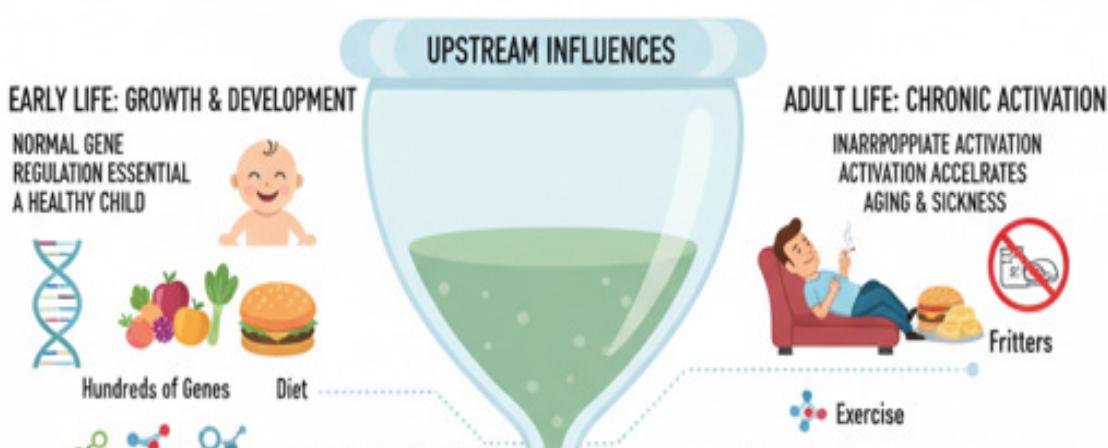
- Join the largest type 1 diabetes community celebration at this year's Breakthrough T1D Walk!
- **Date:** Saturday, November 15, 2025
- **Time:** Site opens at 8:30am, walk starts at 10am
- **Location:** UNLV, 4505 S Maryland Pkwy Las Vegas, NV 89154
- For more information and to register: Walk.BreakthroughT1D.org/LasVegas

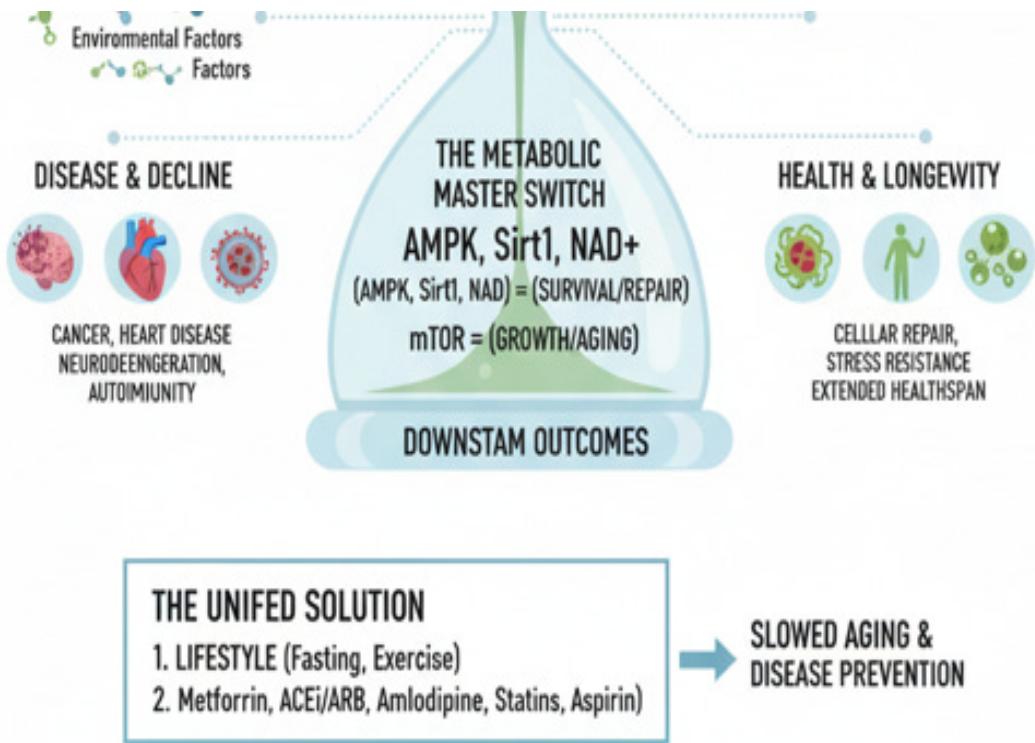
17. **The Metabolic Master Switch: A Picture is Worth a Thousand Words**

[WILLIAM H BESTERMANN JR MD](#)

OCT 30, 2025

THE METABOLIC MASTER SWITCH: A PICTURE IS WORTH A THOUSAND WORDS





Look at the top half of the hourglass. Here, hundreds of genes and countless environmental factors converge, all influencing your Metabolic Master Switch at the narrow chokepoint of the hourglass.

Early Life: Growth & Development: In a fetus and child, these upstream genes and environmental signals are perfectly tuned for rapid growth and development. They ensure the normal, robust activation of the mTOR pathway (Mammalian Target of Rapamycin), which is absolutely essential for building a healthy body. This is a critical period where “growth” is synonymous with “health.”

Adult Life: Inappropriate Activation: The problem arises when these same powerful growth signals persist into adulthood, driven by modern abundance (constant food intake) and detrimental habits like smoking (e.g., cigarettes are potent activators of harmful growth pathways and inflammation). **In an adult, continuous, inappropriate mTOR activation accelerates aging and fuels chronic illness. This is where what was once beneficial becomes detrimental.**

The Master Switch: Growth vs. Survival

At the narrowest point of the hourglass—the **Metabolic Master Switch**—the decision is made:

Growth (mTOR): Favors cell division, building, and development. Crucial for a child, but destructive when overactive in an adult.

Survival & Repair (AMPK, Sirt1, NAD⁺): Favors cellular maintenance, repair, and stress resistance. This is the longevity pathway, activated by caloric restriction, intermittent fasting, exercise, and certain drugs.

Downstream Outcomes: Health or Disease

The Master Switch's setting dictates the flow into the bottom half of the hourglass, determining your health future:

Disease & Decline: If the switch is persistently biased towards mTOR-driven growth (as it often is in modern life), the downstream outcome is accelerated aging, inflammation, and the onset of diseases like cardiovascular disease, cancer, neurodegeneration, and autoimmunity.

Health & Longevity: If we strategically shift the switch towards AMPK, Sirt1, and NAD⁺-driven survival and repair, the downstream outcome is cellular rejuvenation, increased stress resistance, and an extended, healthier lifespan.

The Crucial Distinction: Good Stress vs. Bad Stress

To activate the survival setting, we must introduce beneficial metabolic challenge to the cell.



The BAD Stress (Emotional & Chronic): Chronic emotional

stress, anxiety, or job pressure leads to high, sustained levels of the hormone cortisol. This fuels inflammation and metabolic dysfunction, actively pushing the switch *towards* the mTOR growth setting. **This is the stress that truly makes us age faster.**

✓ **The GOOD Stress (Cellular & Acute):** This is **metabolic challenge** that forces the cell to activate its deep-seated survival programs.

Energy Deprivation: Achieved through practices like intermittent fasting, which forces the cell to sense low fuel and activate AMPK.

High-Intensity Exercise: Forces brief energy demands and repair signals, potently activating AMPK and longevity genes.

The Unified Solution: Your Master Control

This knowledge radically simplifies the fight against age-related illness. Instead of chasing four separate diseases, we control the one switch that unites them all.

The Lifestyle Modulators

Dietary strategies (like intermittent fasting and low calorie diets) and targeted **exercise** are powerful because they are the most potent, natural ways to drive the switch toward survival & repair (AMPK/Sirt1). They are your daily reset buttons.

2. The Proven Generic Drug Stack

A combination of inexpensive, generic drugs, already proven safe for decades, act as powerful Metabolic Master Switch modulators. They work synergistically to hold the switch in the survival position.

Component	Example	Metabolic Master Switch Action
-----------	---------	--------------------------------

AMPK Activator	Metformin	Directly hits the Survival Brake by activating AMPK.
Blood Pressure Control	Lisinopril, Losartan, Amlodipine	Reduces maladaptive signaling and inflammation that fuels the Growth mode.
Vascular & Anti-Inflammatory Support	Statins, Aspirin	Quiet the chronic low-level inflammation that constantly pushes the switch toward Growth.

The revolutionary insight is this: By combining this simple generic drug stack with intelligent lifestyle choices, we are no longer just managing symptoms—we are scientifically controlling our body's master operating system to slow aging and simultaneously delay the onset of virtually all major chronic diseases. The promise of a longer, healthier, fully functional life has never been clearer.

Slow Aging and Delay Chronic Disease Development is a reader-supported publication. To receive new posts and support my work, consider becoming a free or paid subscriber.

To unsubscribe from this list, email “unsubscribe” to: earney@snhd.org

Have a friend or colleague who would like to receive updates? Email “subscribe”: earney@snhd.org



Senior Health Education/Diabetes Program

Office of Chronic Disease Prevention and Health Promotion

280 S Decatur Blvd., Las Vegas, NV 89107

www.gethealthyclarkcounty.org

www.snhd.info

www.vivasaludable.org

Phone: 702-759-1271

Email: earney@snhd.org

SNHD @ Decatur is closed Fridays.

I work remotely Mon and Fri.



CONSULADO GENERAL DE EL SALVADOR
EN LASVEGAS, NEVADA

JORNADA DE SALUD

VIERNES 7 DE NOVIEMBRE

1 pm - 4 pm

- Consultas médicas
- Vacunas del Flu
- Exámenes de la vista
- Información mamografía
- Programa Dentistas
- Pruebas de VIH
- Seguros médicos

SERVICIOS GRATIS

CONSULADO GENERAL DE EL SALVADOR
765 N. Nellis Blvd suite #5 Las Vegas , NV 8911



JORNADA DE SALUD

LUNES 3 DE NOVIEMBRE

10 am - 1 pm

- **Vacunas Flu/Gripe**
- **Revisiones Dentales**
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**Servicios GRATUITOS
y programas a bajo costo.**

CONSULADO GENERAL DE GUATEMALA EN LAS VEGAS

3785 E Sunset Rd, Las Vegas, NV 89120



México
Consulado de Carrera de México
en Las Vegas

JORNADA DE SALUD

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**Servicios GRATUITOS
y programas a bajo costo.**

**CONSULADO DE MÉXICO EN LAS VEGA
823 S. 6th St. Las Vegas , NV 89101**

November 2025 HAI Newsletter -
FINAL ADA.pdf
524 KB



2025 Educational Summit

