


**From:** Rayleen D. Earney Earney@SNHD.ORG   
**Subject:** Clark County Diabetes Group Weekly Updates December 5 2025  
**Date:** December 5, 2025 at 10:41 AM  
**To:**

RE



**Happy Friday Everyone!**

### **SNHD Community Calendars:**

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

### **COMMUNITY UPDATES**

1. **West Henderson Hospital  
Family First Friday**



# Family First Friday

5 – 8 P.M.

You and your family are invited to join us the first Friday of the month for games, music, refreshments and more!

Event dates:

- October 3, 2025
- November 7, 2025
- December 5, 2025
- January 2, 2026



A Member of The Valley Health System  
1155 Raiders Way | Henderson, NV 89052  
725-235-2000



Discover where **HEALTH HAPPENS** at  
**VALLEYHEALTHSYSTEMLV.COM**

Physicians are independent practitioners who are not employees or agents of West Henderson Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website: 25275606-407300 9/25

## NEW

December 11

11-12

### 2. Expertise Cosmetology Institute

1911 Stella Lake St. Las Vegas, 89106

- Join us for **free blood pressure screenings, health education, and 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).
- <https://gethealthyclarkcounty.org/manage-your-risk/heart-disease/>

## NEW

December 12

### 3. Goodwill's Annual Resource Fair





**NEW**

#### 4. Dignity Health CHW Summit

[CHW Summit 2026 Interest Form](https://docs.google.com/forms/d/e/1FAIpQLSc8Tv02af3_g1cESfg5jC974q8CNHayeUs1a-op5HyNgs4U6A/viewform)

[https://docs.google.com/forms/d/e/1FAIpQLSc8Tv02af3\\_g1cESfg5jC974q8CNHayeUs1a-op5HyNgs4U6A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc8Tv02af3_g1cESfg5jC974q8CNHayeUs1a-op5HyNgs4U6A/viewform)

Get ready to build on success! Last year's CHW Summit was a huge hit, and this year, we're committed to making it even more impactful. We're thrilled to announce that the 2026 CHW Summit will take place on April 24th! Mark your calendars now!

You'll soon receive details for registration, which will open in January. Keep an eye on your inbox!

This year, we're excited to delve deeper into how Community Health Workers and other public health professionals are driving significant, positive change in our communities.

To foster even greater collaboration and knowledge sharing, we're expanding the event to include other organizations and are actively seeking dynamic presentations. We are officially calling for abstracts and strongly encourage you to share your expertise and be a vital part of this year's Summit.

Please follow the link below to complete the interest form for abstracts and vendors.

[https://docs.google.com/forms/d/e/1FAIpQLSc8Tv02af3\\_g1cESfg5jC974q8CNHAYeUs1a-op5HyNgs4U6A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc8Tv02af3_g1cESfg5jC974q8CNHAYeUs1a-op5HyNgs4U6A/viewform)

December 9

## Pop-Up Produce Stands

5. **Pop-Up Produce Stands**  
**At Bonneville RTC**  
**SNHD**  
**SNAP/EBT ACCEPTED**



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](http://www.gethealthyclarkcounty.org)



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

## 6. 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.

NEW

## 7. Diabetes Classes Spanish at SNHD (no cost)



**CLASES GRATUITAS**

# CONTROLE SU DIABETES

**22 Y 29 DE ENERO**  
**10:00AM-12:00PM**

**Distrito de Salud del Sur de Nevada**  
**280 S. Decatur Blvd.**

**DEBES ASISTIR A AMBAS FECHAS PARA COMPLETAR LA CLASE.** Las clases son enseñadas por educadores de la salud que son facilitadores capacitados en el Conversation Map® Currículo de Educación y Autocontrol de la Diabetes.

**BENEFICIOS DE NUESTRAS CLASES:**

- Aprenda como autocontrolar su condición
- Reduzca el riesgo de complicaciones relacionadas con la diabetes
- Mejore las conductas del estilo de vida

**LOS PARTICIPANTES EN NUESTRAS CLASES INTERACTIVAS CUENTAN CON RECURSOS QUE INCLUYEN:**

- Platos de porciones
- Recetas saludables
- Bandas elásticas
- Más

**CONOZCA MÁS**

☎ (702) 759-1270  
✉ [vivasaludable@snhd.org](mailto:vivasaludable@snhd.org)  
🌐 [vivasaludable.org/csd](http://vivasaludable.org/csd)

ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS

**VIVA Saludable**  
[www.vivasaludable.org](http://www.vivasaludable.org)

**SNHD**  
Southern Nevada Health District

**Comagine Health**

**American Diabetes Association**  
\*La Asociación Americana de la Diabetes reconoce que este Programa de Educación cumplió con los Estándares Nacionales de Educación y Apoyo para el cuidado personal de la diabetes.

*Este material fue apoyado por la subvención o acuerdo cooperativo número HUS000007282-01, financiado por los Centros para el Control y la Prevención de Enfermedades. Su contenido es responsabilidad exclusiva de los autores y no representa necesariamente las opiniones oficiales de los Centros para el Control y la Prevención de Enfermedades o el Departamento de Salud y Servicios Humanos.*

## 8. February Spanish Diabetes Class



**CLASES GRATUITAS**

# CONTROLE SU DIABETES

**Distrito de Salud del Sur de Nevada**

**2 Y 9 DE FEBRERO**  
**3:00PM–5:00PM**

280 S. Decatur Blvd.

**DEBES ASISTIR A AMBAS FECHAS PARA COMPLETAR LA CLASE.** Las clases son enseñadas por educadores de la salud que son facilitadores capacitados en el Conversation Map® Currículo de Educación y Autocontrol de la Diabetes.

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- Bandas elásticas
- Más



**CONOZCA MÁS**

(702) 759-1270  
 vivasaludable@snhd.org  
 vivasaludable.org/csd



ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS



\*La Asociación Americana de la Diabetes reconoce que este Programa de Educación cumplió con los Estándares Nacionales de Educación y Apoyo para el cuidado personal de la diabetes.

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**9. Diabetes Self-Management Classes (No Cost, offered at SNHD)**

FREE CLASS



**MANAGE YOUR DIABETES**



**JANUARY 21 & 28**  
**2:00 PM – 4:00 PM**

**YOU MUST ATTEND BOTH SESSIONS TO COMPLETE THE CLASS.** 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




www.gethealthyclarkcounty.org

SCAN THIS CODE TO SIGN UP



This material has received support through the Grant or Cooperative Agreement Number NU3DP007362-01 that has been funded by the Centers for Disease Control and Prevention. It is important to note that the contents presented herein are entirely the responsibility of the authors and do not necessarily reflect the official position or opinions of the Centers for Disease Control and Prevention, nor do they represent the views of the Department of Health and Human Services.



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

February 10 and 17

10. Diabetes Class at SNHD



**FREE CLASS**

# MANAGE YOUR DIABETES

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**2:00 PM – 4:00 PM**

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**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](mailto:gethealthy@snhd.org)  
[gethealthyclarkcounty.org/myd](http://gethealthyclarkcounty.org/myd)

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

SCAN THIS CODE TO SIGN UP





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

11.



**Access to Healthcare Nevada**  
[Events - Access To Healthcare Network](http://www.accesstohealthcare.org/events/)  
<https://www.accesstohealthcare.org/events/>

## Diabetes Prevention Education - Access To Healthcare Network

<https://www.accesstohealthcare.org/services-for-individuals/diabetes-prevention-education/>

## Chronic Disease Management and Prevention Resources - Access To Healthcare Network


<https://www.accesstohealthcare.org/healthylife/>

## Find a Workshop - Compass

<https://www.compasshp.org/workshops/>

### 12. Diabetes Programs Flyer

13.



The flyer is titled "Take Control of Diabetes" in large, bold, white text on a blue background. Below the title, it states: "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!". The flyer is divided into two main sections: "DIABETES SELF-MANAGEMENT CLASSES" and "DIABETES PREVENTION CLASSES". The self-management section lists three providers: Southern Nevada Health District, Dignity Health, and Healthy Living Institute at UMC. The prevention section lists the Nevada Diabetes Association and Dignity Health. At the bottom, there is a photograph of a pair of orange and black sneakers, a blue water bottle, two green apples, and a blue glucometer with a test strip. The Southern Nevada Health District logo is in the bottom right corner, and the text "Revised 09/2025" is in the bottom left corner.

**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/Manage-Your-Risk/Local-Diabetes-Resources/](http://gethealthyclarkcounty.org/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/classes-and-events](http://dignityhealth.org/las-vegas/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**

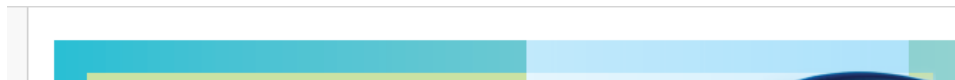
Find a listing of CDC-recognized Diabetes Prevention Programs near you: [dprp.cdc.gov/Registry](http://dprp.cdc.gov/Registry)

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

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
Southern Nevada Health District

Revised 09/2025

### Low-Cost Clinics Flyer



**Southern Nevada Community Health Center**  
**(702) 759-1700 | snchc.org**  
Primary Care and Family Planning  
Las Vegas: 280 S. Decatur Blvd.  
Las Vegas: 2830 E. Fremont St.

**Community Outreach Medical Center**  
**(702) 657-3873**  
**communityoutreachmedicalcenter.org**  
Las Vegas: 2080 E Flamingo Rd., Ste 302

**First Person Care Clinic**  
**(702) 380-8118 | firstpersonclinic.org**  
Las Vegas: 1200 S. 4th St., Ste. 111  
Dental Clinic: 2100 Maryland Pkwy., Ste. 5  
Henderson: 200 E. Horizon Dr., Ste. A-B

**FirstMed Health and Wellness**  
**(702) 731-0909 | fmhwc.org**  
Las Vegas: 400 Shadow Ln., Ste. 104  
Las Vegas: 3343 S Eastern Ave.  
N. Las Vegas: 3940 N. Martin Luther King Blvd., Ste. 110

**Hope Christian Health Center**  
**(702) 644-4673 (HOPE) | hopehealthvegas.org**  
N. Las Vegas: 4357 Corporate Center Dr., Ste. 450  
N. Las Vegas: 4040 N. Martin Luther King Blvd., Ste. A

**Nevada Health Centers**  
**1-800-787-2568**  
**nevadahealthcenters.org**  
Cambridge Family Health Center  
3900 Cambridge St., Ste. 102  
Eastern Family Medical and Dental  
2212 S. Eastern Ave.  
Dental appointments call (702) 597-3898  
Henderson Family Health Center  
98 E. Lake Mead Pkwy., Ste. 103  
Martin Luther King Family Health  
1799 Mt. Mariah Dr.  
Walk-In appointments may be available  
CP Squires School Based Health Center  
1312 E Tonopah Ave.  
North Las Vegas Family Health  
2225 Civic Center Dr., Ste. 224  
\*Find additional locations online



## Low-cost Clinics

Low-cost treatment of diabetes and other health care services are available through the Southern Nevada Community Health Center and our community partners.

**Please call first to determine eligibility.**

**Volunteers in Medicine of Southern Nevada**  
**(702) 967-0530 | vmsn.org**  
Free clinics. Call for appointment, no walk-ins.  
Paradise Park Clinic  
4770 Harrison Dr.  
Ruffin Family Clinic  
1240 N. Martin Luther King Blvd.

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



### 14. Spanish Diabetes Programs Flyer

## Tome el Control de la diabetes

Hay programas gratuitos de prevención y automanejo de la diabetes disponibles por medio del Distrito de Salud del Sur de Nevada y nuestros socios comunitarios. ¡Inscríbese hoy mismo para tomar el control de la diabetes en su vida!

#### CLASES DE AUTOMANEJO DE LA DIABETES

**Distrito de Salud del Sur de Nevada**  
**(702) 759-1270 | vivasaludable@snhd.org**  
**vivasaludable.org/**  
**recursos-locales-para-la-diabetes**

Hay clases gratuitas de diabetes disponibles utilizando los Mapas de Conversación de la Diabetes de los Estados Unidos. Las clases incluyen materiales y recursos sobre alimentación saludable y actividad física para ayudarte a vivir de una manera más saludable con la diabetes.

**Dignity Health**  
**(702) 616-4932**  
**dignityhealth.org/las-vegas/**  
**classes-and-events**

Se encuentran disponibles clases de automanejo de la diabetes. Llame para obtener información.

**Instituto de Vida Saludable Healthy Living en UMC**  
**(702) 383-7353 (SELF)**

**umcsa.com/healthy-living-institute**  
Clases comunitarias gratuitas y a bajo costo, varios temas, incluyendo la diabetes.

**Asociación de Diabetes de Nevada**  
**1-800-379-3839 | diabetesnv.org**  
Para obtener información sobre campamentos para niños y familias, grupos de apoyo, clases, y recursos.

**CLASES DE PREVENCIÓN DE LA DIABETES**


Encuentra un listado de los programas de prevención de la diabetes reconocidos por los Centros para el Control y Prevención de Enfermedades (CDC, por sus siglas en inglés) cerca de usted: [dppp.cdc.gov/Registry](http://dppp.cdc.gov/Registry)

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




Revised 09/2025

**15. Spanish Low-Cost Clinics Flyer**



**Clinicas de bajo costo**

*Hay tratamiento de diabetes a bajo costo y otros servicios de cuidado de la salud disponibles por medio del Centro de Salud Comunitaria del Sur de Nevada (Southern Nevada Community Health Center) y nuestros socios comunitarios. Por favor llamar antes para determinar la elegibilidad.*

**Centro de Salud Comunitario del Sur de Nevada**  
 (702) 759-1700 | [snchc.org](http://snchc.org)  
 Cuidado primario y planificación familiar  
 Las Vegas: 280 S. Decatur Blvd.  
 Las Vegas: 2830 E. Fremont St.

**Centro Médico de Enlace Comunitario**  
 (702) 657-3873  
[communityoutreachmedicalcenter.org](http://communityoutreachmedicalcenter.org)  
 Las Vegas: 2080 E. Flamingo Rd., Ste 302

**Clinica de Cuidado First Person Care Clinic**  
 (702) 380-8118 | [firstpersonclinic.org](http://firstpersonclinic.org)  
 Las Vegas: 1200 S. 4th St., Ste. 111  
 Clínica dental: 2100 Maryland Pkwy., Ste. 5  
 Henderson: 200 E. Horizon Dr., Ste. A-B

**Centros de Salud y Bienestar**  
 FirstMed Health and Wellness  
 (702) 731-0909 | [fmhwc.org](http://fmhwc.org)  
 Las Vegas: 400 Shadow Ln., Ste. 104  
 Las Vegas: 3343 S Eastern Ave.  
 N. Las Vegas: 3940 N. Martin Luther King Blvd., Ste. 110

**Centro de Salud Hope Christian Health Clinic**  
 (702) 644-4673 (HOPE) | [hopehealthvegas.org](http://hopehealthvegas.org)  
 N. Las Vegas: 4357 Corporate Center Dr., Ste. 450  
 N. Las Vegas: 4040 N. Martin Luther King Blvd., Ste. A

**Centros de Salud de Nevada**  
 1-800-787-2568  
[nevadahealthcenters.org](http://nevadahealthcenters.org)

**Centro de Salud Cambridge**  
 3900 Cambridge St., Ste. 102

**Centro Médico y Dental de Salud Familiar - Eastern**  
 2212 S. Eastern Ave.  
 Llame para citas con el dentista (702) 597-3898

**Centro de Salud Familiar - Henderson**  
 98 E. Lake Mead Pkwy., Ste. 103

**Salud Familiar - Martin Luther King**  
 1799 Mt. Mariah Dr.  
 Pueden estar disponibles visitas sin cita previa

**Centro de Salud CP Squires School Based Health Center**  
 1312 E Tonopah Ave.


**Salud Familiar - North Las Vegas**  
 2225 Civic Center Dr., Ste. 224

\*Encuentre ubicaciones adicionales en línea

**Voluntarios en Medicina del Sur de Nevada**  
 (702) 967-0530 | [vmsn.org](http://vmsn.org)  
 Clínicas gratuitas. Llamar para hacer una cita, no se reciben pacientes sin cita previa.

**Clinica Paradise Park**  
 4770 Harrison Dr.

**Clinica Ruffin Family**  
 1240 N. Martin Luther King Blvd.



To unsubscribe from this list, email “unsubscribe” to: [earney@snhd.org](mailto:earney@snhd.org)

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



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Rayleen

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280 S Decatur Blvd., Las Vegas, NV 89107  
[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.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.



**Take Control of Diabetes**  
EnglishRev091725.pdf  
1.2 MB



**Low Cost Clinics**  
EnglishRev091725.pdf  
383 KB



# Tome el Control de la diabetes

Hay programas gratuitos de prevención y automanejo de la diabetes disponibles por medio del Distrito de Salud del Sur de Nevada y nuestros socios comunitarios. ¡Inscríbese hoy mismo para tomar el control de la diabetes en su vida!

## CLASES DE AUTOMANEJO DE LA DIABETES

**Distrito de Salud del Sur de Nevada  
(702) 759-1270 | [vivasaludable@snhd.org](mailto:vivasaludable@snhd.org)  
[vivasaludable.org/](http://vivasaludable.org/)**

### **recursos-locales-para-la-diabetes**

Hay clases gratuitas de diabetes disponibles utilizando los Mapas de Conversación de la Diabetes de los Estados Unidos. Las clases incluyen materiales y recursos sobre alimentación saludable y actividad física para ayudarle a vivir de una manera más saludable con la diabetes.

### **Dignity Health**

**(702) 616-4932**

**[dignityhealth.org/las-vegas/  
classes-and-events](http://dignityhealth.org/las-vegas/classes-and-events)**

Se encuentran disponibles clases de automanejo de la diabetes. Llame para obtener información.

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## CLASES DE PREVENCIÓN DE LA DIABETES