

From: Rayleen D. Earney Earney@SNHD.ORG
Subject: Clark County Diabetes Group Weekly Updates January 2 2026
Date: January 2, 2026 at 9:11 AM
To:

RE



Happy Friday Everyone!

SNHD Community Calendars:

- **Get Healthy Events Calendar:**
<https://gethealthyclarkcounty.org/community-calendar/>
Online Store Free Healthcare Provider materials:
 - Shop 5210: <https://gethealthyclarkcounty.org/shop/>
 - Tobacco Materials Store: <https://gethealthyclarkcounty.shop/product-category/health-care-providers/>
- **Viva Saludable Events Calendar (Spanish):**
<https://www.vivasaludable.org/calendario/>

COMMUNITY UPDATES

January 2

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


WEST HENDERSON HOSPITAL
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: 2020756506-4057300 9/25

January 3

2. **Free Event**
Clark County
Day of Kings



CLARK COUNTY PROUDLY PRESENTS

DIA DE REYES
FREE ENTRY!

Celebration

SATURDAY, JANUARY 3
10AM - 1PM



NEW

3. UNLV Class

BUSINESS INCUBATOR

Join the Nevada SBDC, UNLV's Office of Economic Development, and the City of Las Vegas for a 6-week in-person course. Gain insights from experts, connect with advisors, and explore key business topics to support your growth!

FREE!

**SERIES OF 6 CLASSES
IN SPANISH**

**All are welcome and
English provisions will
be available.**





YOU WILL LEARN:

- Business Development
- Market Research
- Organizational Matters
- Business Licenses
- Marketing
- Financial Overview

EVERY THURSDAY

5:30pm - 7:00pm

Starts: January 22, 2026

Ends: February 26, 2026

 **Las Vegas City Hall**
495 S Main St, Las
Vegas, NV 89101

REGISTER:



UNLV ECONOMIC
DEVELOPMENT



Funded in part through a Cooperative Agreement with the U.S. Small Business Administration. All opinions, conclusions, and/or recommendations expressed herein are those of the author(s) and do not necessarily reflect the views of the SBA. Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. SBDC services are provided in a nondiscriminatory way to all legal residents and citizens in the United States. This training event is supported by federal taxpayer funds. By registering, I certify that I am legally authorized to receive services funded by U.S. taxpayer dollars, in accordance with applicable federal law and Executive Order 14218 "Ending Taxpayer Subsidization of Open Borders" (February 19, 2025).

January 7

4. **Diabetes Support Group** **Dignity Health**



This Month's Topic:

2026: Managing Diabetes Mindfully

Come join the discussion! This is a friendly and supportive gathering where we'll share experiences, practical tips, and mindfulness techniques to help you navigate the daily challenges of living with diabetes. Let's empower each other to live healthier, more balanced lives in 2026 and beyond!

to live healthier, more balanced lives in 2020 and beyond:

Wednesday, January 7, 10 to 11 a.m.

(The first Wednesday of every month unless it's a holiday)

GREEN VALLEY FREE

2651 Paseo Verde Pkwy Suite 180 Henderson NV, 89074

No Registration Required.

For more information, please call Rhonda at 702.616.4975.

5. Access to Healthcare Network

Diabetes Self-Management meeting on Wednesdays at 10 AM beginning April 15th.

Meetings will take place at St. Viator Catholic Church in the Fr Anderson Room in their Parish Center.

2461 E Flamingo Rd, Las Vegas, NV 89121

Diabetes Self-Management Education Classes

Join this workshop series to gain the everyday skills needed to manage diabetes successfully!



Healthy Eating



Stress Management



Improved Sleep



Blood Sugar Control



Weight Management



Physical Activity



Problem Solving



Getting Support

Classes are lead by experienced health educators held **in-person** at St Viator Catholic Church

Fr Anderson Room in the parish center
2461 E Flamingo Rd, Las Vegas, NV 89121

Call us or scan the QR code to register!

(702)489-3434



Participant Testimonial

"Since completing the program, I feel better overall! I exercise more, I sleep better, and it's easier for me to prepare my healthy meals. I still eat the foods I love, just in smaller portions, and have learned how to enjoy more vegetables too!"

— 54 year-old female



Diabetes Self-Management Education Program

Upcoming Class Dates:



Six-Week Workshop Series
Wednesdays, April 15 - May 20 from 10:00 a.m. to 12:30 p.m.

APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

 HealthEducation@AHNNV.org  (702)489-3434



6. ArchWell Health
Primary Care
See attached flyer

ArchWell™

ArchWell HEALTH

Now, adults age 60+
in **Las Vegas** have a
better choice in
primary care.

At ArchWell Health, your health and wellness is our top priority. Our personalized plans focus on preventive care to catch small issues before they become serious, so you can enjoy life to its fullest.



Personalized care model

We personalize your care by listening to you, routine lab work and preventive screenings.



Accessible facilities

Our centers are designed with the needs of adults age 60+ in mind.



Preventive approach

We use preventive healthcare screenings to catch small problems before they get serious.



Convenient locations

We're located in your neighborhood where you live, work, and thrive.



More time with your doctor

Our providers take the time to make sure you feel seen and heard.



24/7 availability

Same-day appointments are available for urgent care needs. You can also reach us by phone or through our app anytime.



Vibrant community

Each location has an activity center for fitness classes, games, and opportunities to connect with other members.

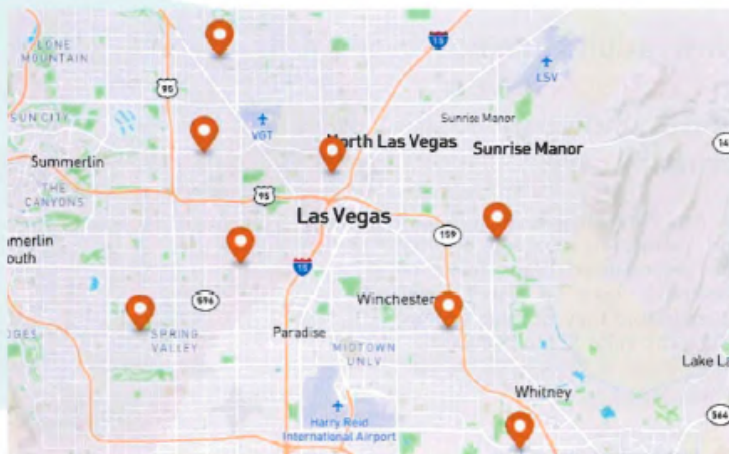
Turn over for information about
our Las Vegas, Nevada centers.

Medicare Advantage Partners

Aetna, Humana, and UnitedHealthcare

ArchWell Health centers can be found in
convenient locations across **Las Vegas, Nevada**.

Center hours are 8 a.m.-5 p.m. Monday through Friday.



Central Las Vegas

921 W. Owens Ave., Ste. 150
Las Vegas, NV 89106

East Las Vegas

1276 S. Nellis Blvd
Las Vegas, NV 89142

Whitney Ranch

1501 W. Sunset Road
Henderson, NV 89014

Paradise

3830 E. Flamingo Road, Ste. 100
Las Vegas, NV 89121

West Sahara

4750 W. Sahara Ave., Ste. 36
Las Vegas, NV 89102

West Lake Mead

6190 W. Lake Mead Blvd.
Las Vegas, NV 89108

Spring Valley

4015 S. Buffalo Drive, Ste. 1
Las Vegas, NV 89147

Rancho

4900 W. Craig Road
Las Vegas, NV 89136

**Marques Goodwin**

Membership Consultant

Marques.goodwin@archwellhealth.co

(725) 247-8137

ArchWellHealth.com

©2024 ArchWell Health | All Rights Reserved



Follow us on social media to keep up with
what's happening at ArchWell Health!

7. Diabetes Classes Spanish at SNHD (no cost) January 22 and 29

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

vivasaludable.org/csd

ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS

www.vivasaludable.org

Comagine Health



*La Asociación Americana de la Diabetes reconoce que este Programa de Educación caminó 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 NUSB0007350-01, 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. Diabetes Self-Management Classes (No Cost, offered at SNHD) January 21 and 28

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
GET MOVING. EAT BETTER. LIVE TOWARD FREE.



SCAN THIS CODE TO SIGN UP

SNHD
Southern Nevada Health District

Comagine
Health

 **American Diabetes Association**

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

This material has received support through the Grant or Cooperative Agreement Number NU50P007303-01 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.

January 29

9. Health District After Dark



HEALTH DISTRICT
after dark

The Southern Nevada Health District Academic Affairs Committee
presents a discussion of provocative public health topics



10. American Heart Association Toolkit

American Heart Month runs from February 1 through February 28. Use the resources provided to help create CPR awareness and drive participation in becoming a Nation of Lifesavers.

Here's how:

- Join the Nation of Lifesavers.
- Send a dedicated email or share it in a Newsletter.
- Post on social media.
- Distribute the CPR infographics, fact sheet and CPR Playlist throughout your communities and encourage others to share.
- Use the key messages to raise awareness in your communication materials.
- Post and share the digital content across your channels throughout the month.

The Nation of Lifesavers is intended to reach all audiences. Our goal is to inform and inspire the community to understand the importance of CPR, learn the

two simple steps to Hands-Only CPR, and go to heart.org/nation to get more resources

Please look at the toolkit and if you'd like, we're happy to chat about your plans and how we can support. Feel free to use my [booking link](#) to find a time to talk.

Thanks,
Nichole & Dymond

Toolkit resources: [2026 American Heart Month - Dropbox](#)



Nichole Monzon, MHR

Community Impact Director, Nevada

American Heart Association

Remote

O +1 (702) 7894377

[Book time with me](#)



Privacy policy: [www.Heart.org/Privacy](https://www.heart.org/Privacy)

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



Rayleen Earney, M.Ed., CHES
Senior Health Educator/Diabetes Program
Office of Chronic Disease Prevention and Health Promotion

280 S Decatur Blvd., Las Vegas, NV 89107

www.getthehealthyclarkcounty.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.

