

From: Rayleen D. Earney Earney@SNHD.ORG 
Subject: Clark County Diabetes Group Weekly Updates February 6 2026
Date: February 6, 2026 at 2:58 PM
To:

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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/>

COMMUNITY UPDATES

February 6

1. **Salon Talk**
Expertise Cosmetology Institute



Join us for Salon Talk, a free event focused on how everyday choices can support heart health and mental well-being.

Learn how nutrition, stress, and lifestyle habits play a role in keeping your heart healthy and your mind sharp.

Refreshments will be provided, and registration is required.

What's good for the brain is good for the heart.

Fri, Feb. 6th | 5pm-7pm
Expertise Cosmetology Institute
 1911 Stella Lake St., Las Vegas, NV 89106

Register today at GetHealthyClarkCounty.com




February 6

**2. Family First Friday Event
 West Henderson Hospital**



FAMILY FIRST FRIDAY
 Presented By West Henderson Hospital
First Friday of Every Month!
5 - 8 PM

You and your family are invited to join us the first Friday of the month for live music, local food trucks, socializing, shopping, kids crafts, and more!

UPCOMING DATES:
FEB 6 • MAR 6 • APR 3 • MAY 1

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

 **ALL AGES WELCOME**  **HELD OUTDOORS**
Dress for the weather!

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

February 7

NEW

**3. Blood Pressure Screening at Executive Cuts
 SNHD**

Blood Pressure Screening at Executive Cuts



DATE

February 07, 2026



TIME

10:00 am - 12:00 pm



LOCATION

Executive Cuts
921 W. Owens, Las
Vegas, NV, 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

NEW

February 23

4. Blood Pressure Self-Monitoring Program at Durango Hills YMCA

DO YOU HAVE HIGH BLOOD PRESSURE?

BLOOD PRESSURE SELF-MONITORING PROGRAM (BPSM)

Begins Monday, February 23rd ▾ 11am-12pm
at the Durango Hills YMCA

**1 IN 3 AMERICAN ADULTS
HAVE HIGH BLOOD PRESSURE**

Only about 1/2 of people
have their condition
under control

The YMCA's Blood Pressure Self-Monitoring Program help's participants:

- Reduce their blood pressure by identifying patterns and trends on which to take action
 - Better manage their blood pressure over time
- Increase their awareness of triggers that elevate their blood pressure
 - Improve their knowledge of heart-healthy eating habits

Improve their knowledge of heart-healthy eating habits
 - Enrich communication with their healthcare provider by sharing self-monitoring results

Each participant will receive:

- 16 week FREE membership to the YMCA
- Weekly support from a Certified Healthy Heart Ambassador
- Tips and education for maintaining a self-monitoring routine, cardiovascular health, and nutrition

To see if you qualify, scan the QR code, or for more info, contact:
 Courtney Taber at 702.522.7370
 ctaber@lasvegasyymca.org

YMCA membership not required



SCAN ME




The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify.

5. Spanish YMCA Blood Pressure Self Management Program March 3

¿TIENE LA PRESIÓN ARTERIAL ALTA?

PROGRAMA DE AUTOMONITOREO DE LA PRESIÓN ARTERIAL (BPSM)

Comienza el 3 de marzo ▼ 5:30-6:30pm
 En el YMCA Bill y Lillie Heinrich

1 DE CADA 3 ADULTOS ESTADOUNIDENSES TIENE PRESIÓN ARTERIAL ALTA

Solo alrededor de la mitad de las personas tienen su condición bajo control

El Programa de Autocontrol de la Presión Arterial de la YMCA ayuda a los participantes a:

- Reducir su presión arterial identificando patrones y tendencias sobre las cuales tomar acción
 - Controlar mejor su presión arterial a lo largo del tiempo
- Aumentar su conocimiento sobre los desencadenantes que elevan su presión arterial
 - Mejorar sus conocimientos sobre hábitos alimentarios saludables para el corazón
- Enriquezca la comunicación con su proveedor de atención médica compartiendo los resultados de automonitoreo

Cada participante recibirá:

- Membresía GRATUITA de 16 semanas en la YMCA
- Apoyo semanal de un Embajador
- Certificado de Corazón Sabatado
- Consejos y educación para mantener sus niveles de autocontrol, salud cardiovascular y nutrición

Para ver si calificas, escanea el código QR o, para más información, comunícate con:
 Janu Herrera at:
 jherrera@lasvegasyymca.org

No se requiere membresía en la YMCA



ESCANÉAME




La YMCA es una organización sin fines de lucro líder comprometida con la mejora de la salud del país. Hay asistencia financiera disponible para quienes califican.

NEW

March 3

6 Save the Date!

6. Save the Date:

CenterWell Diabetes and High Blood Pressure workshop

Tuesday March 3rd from 1000-1100, where we will be talking about what diabetes and high blood pressure are, risk factors plus lifestyle and medication management.

There will be a Q&A afterwards along with BP checks, free informational handouts, goody bags and some refreshments.

Carmelle Regis, RN BSN, PCCN

Stars/HEDIS/Quality Improvement RN

CenterWell – S. MLK

80 S Martin Luther King BLVD

Las Vegas, NV 89106

Work: 725-235-3966

Email: CRegis@centerwell.com

February 10 and 17

7. English Diabetes Class at SNHD

2-4 pm (attend both dates to complete your class)

FREE CLASS

MANAGE YOUR DIABETES

FEBRUARY 10 & 17
2:00PM-4:00PM

Southern Nevada Health District
280 S. Decatur Blvd.

YOU MUST ATTEND BOTH SESSIONS TO COMPLETE THIS 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 HEALTHY CLARKE COUNTY, NV. NOW ONLINE

SNHD
Southern Nevada Health District

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Health

SCAN THIS CODE TO SIGN UP

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 IS SUPPORTED BY THE CLARK COUNTY COOPERATIVE AGREEMENTS PROGRAM, A PUBLIC-PRIVATE PARTNERSHIP. THE CLARK COUNTY COOPERATIVE AGREEMENTS PROGRAM IS A PUBLIC-PRIVATE PARTNERSHIP. THE CLARK COUNTY COOPERATIVE AGREEMENTS PROGRAM IS A PUBLIC-PRIVATE PARTNERSHIP. THE CLARK COUNTY COOPERATIVE AGREEMENTS PROGRAM IS A PUBLIC-PRIVATE PARTNERSHIP.

February 19

8. Annual Tobacco Summit
Free lunch, great speakers!
Sign up today!



HONORING BLACK HISTORY, PROTECTING OUR FUTURE, & LIVING TOBACCO-FREE

FEBRUARY 19, 2026
9:30 AM-2:30 PM

Pearson Community Center
1625 W. Carey Ave, North Las Vegas,
NV 89032

Register For Free at **BECAUSEWEMATTERLV.ORG**

Celebrate **Black History Month** at the Tobacco-Free Living Summit, where we promote wellness and a tobacco-free future for our community.

Expert Led Topics: Youth Vaping, Lung Health, Menthol Marketing, and Quitting Support

BECAUSE WE MATTER
TOBACCO-FREE LIVING SUMMIT

SNHD
Southern Nevada Health District

This Is A Free Event | Lunch Is Included

Scan To Register

February 23

9. Healthy Living Institute at UMC
Heart Healthy Class

<https://apps.umcsn.com/Common/Class.aspx?intEventID=6613>



Class

Class: Heart Healthy-

Description: With heart disease being a leading cause of health issues, our heart healthy program offers practical tips and heart healthy recipes to help you maintain a strong heart. Taking care of your heart has never been more important. Join us on this journey to better health and ensure a longer, healthier life for you and your loved ones. Topics in our heart series Week 1- Cholesterol – Feb 23rd Week 2 Hypertension- March 2nd Week 3 Healthy Eating – March 9th Week 4 Physical Activity, Stress Management, and Goal setting – March 16th 4 Consecutive Mondays from 1100am-12pm Those who complete series will get Heart Healthy tools and gift

Category: Wellness/Health & Fitness Classes & Senior Celebrations

Location: The Healthy Living Institute 901 Rancho Lane Suite #180 LV, NV 89106

Date from: 2/23/2026 11:00:00 AM

Date to: 2/23/2026 12:00:00 PM

Cost: Free

Email: HealthyLivingInstitute@umcsn.com

First Name: *

Last Name: *

Middle Initial:
 Phone: *
 Email: *
 If UMC employee, enter PRNR #: (optional)

10. Spanish Diabetes Class at SNHD
March 10 and 17
10 am – 12 noon

CLASES GRATUITAS

CONTROLE SU DIABETES

10 Y 17 DE MARZO
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
- Mas

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 cumple con los Salidas Nacionales de Educación y Apoyo para el cuidado personal de la diabetes.

Este material fue apoyado por la subvención o acuerdo cooperativo número NUSDP007382-01, 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.

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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.



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SNHD Diabetes Class Flyer FEB 10
17 2026 (002)Red.pdf



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8.5x11.pdf



2026 BPSM Winter Flyer-English
.pdf
130 KB



2026 BPSM Winter Flyer-Spanish
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CLASES GRATUITAS

