

From: Rayleen D. Earney Earney@SNHD.ORG
Subject: Clark County Diabetes Group Weekly Updates March 6 2026
Date: March 6, 2026 at 11:37 AM
To:

RE



Happy Friday Everyone!

SNHD Community Calendars:

- **Get Healthy Events Calendar:**

<https://gethealthyclarkcounty.org/community-calendar/>

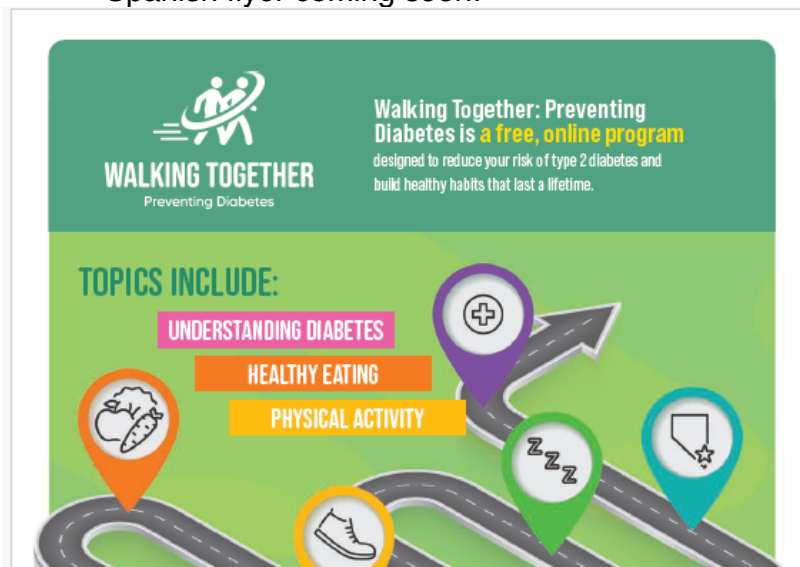
- **Online Store Free Healthcare Provider materials:**

- Shop 5210: <https://gethealthyclarkcounty.org/shop/>
- Tobacco Materials Store: <https://gethealthyclarkcounty.shop/product-category/health-care-providers/>

COMMUNITY UPDATES

NEW

1. **Walking Together: Preventing Diabetes**
Free Online Diabetes Prevention Program
Spanish flyer coming soon!



SLEEP & STRESS MANAGEMENT

LOCAL RESOURCES

AND MORE

GET STARTED TODAY

Scan the QR code, go to gethealthy.clarkcounty.org/dp or call (702) 759-1270

SNHD
Southern Nevada Health District

www.gethealthy.clarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

The program is for educational purposes and does not replace the advice of a doctor or health care provider.

March 12

2. Kids Safety Fair

Join us next week at the Kids Safety Fair on Thursday March 12th from 4PM-8PM

at the Torrey Pines resource center! The Get Healthy SNHD Chronic Disease team will be there to share resources and information about our programs!

Clark County Commissioner Marilyn Kirkpatrick presents

LARGEST KIDS SAFETY FAIR EVER!

Bike and Scooter

Fire and Heat

Car Seat

THURSDAY, MARCH 12, 2026 4 PM - 8 PM
FREE Food, Carnival Games, Raffles, Live DJ and more!
 Hands-On Activities • Interactive Stations • Car Seat Checkups • Drowning Prevention
 Fire and Heat Safety • Road and Pedestrian • Bike and Scooter

Torrey Pines Resource Center
 2900 N. TORREY PINES DRIVE

Las Vegas County togetherforbetter
 Commissioner Marilyn Kirkpatrick District B

March 24

**3. Spanish Blood Pressure Self-Monitoring Program
 YMCA**

¿TIENE LA PRESIÓN ARTERIAL ALTA?

PROGRAMA DE AUTOMONITOREO DE LA PRESIÓN ARTERIAL (BPSM)

Martes 24 de marzo ▾ 5-6pm
 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 Saludable
- Consejos y educación para mantener una rutina 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



March 10 and 17 (attend both days to complete the class)

4. Spanish Diabetes Class (no cost) @ SNHD



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
- Más

CONOZCA MÁS

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

ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS

VIVA Saludable
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 NUS82P007352-01, 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.

March 24 and 31 (attend both days to complete class)

5. Diabetes Class English @ SNHD (no cost)



FREE CLASS

MANAGE YOUR DIABETES

94 mg/dL

DIABETES

MARCH 24 & 31
10:00AM-12:00PM

Southern Nevada Health District
280 S. Decatur Blvd, Las Vegas

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 TOBACCO-FREE.

SCAN THIS CODE TO SIGN UP



SNHD **CoImagine Health**
Southern Nevada Health District

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

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March 10

6. RTC/SNHD Pop-Up Produce Stands @Bonneville Transit Center



POP-UP PRODUCE STANDS




SNAP/EBT Accepted • Double Up Food Bucks Available

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

MARCH	APRIL	MAY
3 & 10	7 & 14	5 & 12

**NOON - 3PM
OR UNTIL SOLD OUT**

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


www.gethealthyclarkcounty.org



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

7. Spanish Flyer Pop-Up Produce Stands



**PUESTOS DE PRODUCTOS
AGRÍCOLAS**

Aceptamos SNAP/EBT * Duplique sus beneficios de SNAP con Double Up Food Bucks

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

MARZO	ABRIL	MAYO
3 Y 10	7 Y 14	5 Y 12

12 DEL MEDIODÍA - 3PM
O HASTA QUE SE AGOTE

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






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

April 15

8. Alzheimer's Foundation of America Free Educational Conference

What: The [Alzheimer's Foundation of America \(AFA\)](http://www.alz.org) will hold a free educational conference on April 15th at 10:00 am PST that will provide Las Vegas-area residents with information about Alzheimer's disease, brain health, caregiving, support services and

more. A Q&A will follow each session in which attendees can ask the experts questions. Participants will also have the opportunity to network with one other. There will also be free memory screenings conducted throughout the day.

When: Wednesday, April 15, 2026. 10:00 a.m.-1:00 pm PST

Where: Embassy Suites by Hilton Convention Center Las Vegas (3600 Paradise Road Las Vegas, NV 89169)

Attend: The free educational conference is open to everyone. For more information or to register, visit www.alzfdn.org/tour.

9. Archwell Senior Primary Care

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 65+ 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.

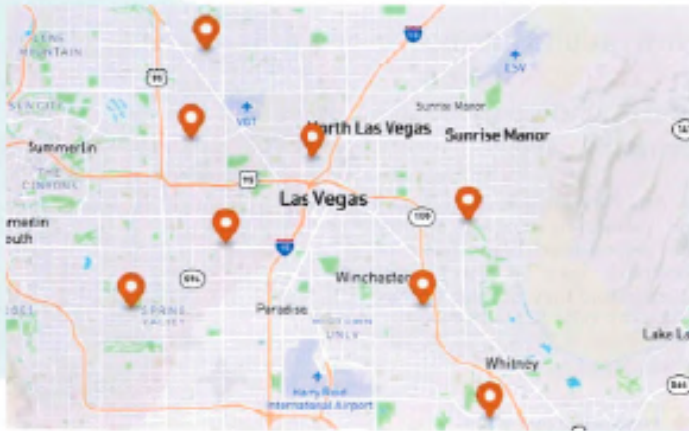
Vibrant community
Each location has an activity center for fitness classes, games, and opportunities to connect with other members.

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. 159
Las Vegas, NV 89196

East Las Vegas

1271 S. Nellis Blvd
Las Vegas, NV 89143

Whitney Ranch

1581 W. Sunset Road
Henderson, NV 89014

Paradise

3838 E. Flamingo Road, Ste. 186
Las Vegas, NV 89121

West Sahara

4758 W. Sahara Ave., Ste. 36
Las Vegas, NV 89182

West Lake Mead

6198 W. Lake Mead Blvd.
Las Vegas, NV 89168

Spring Valley

4975 S. Buffalo Drive, Ste. 1
Las Vegas, NV 89147

Rancho

4998 W. Craig Road
Las Vegas, NV 89138



Marques Goodwin

Membership Consultant

Marques.goodwin@arcwellhealth.co

(725) 247-8131

ArcWellHealth.com

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

10. Children's Gym (updated flyer March 2026)
Adriana Saenz
Flyers attached.

A colorful flyer for a children's gym. The background is green and yellow with abstract shapes. At the top left, there are two circular photos: one of a man and a woman, and another of a woman and a child. A large blue banner across the top contains the text 'FIRST GYM FOR CHILDREN IN LAS VEGAS'. To the right of this banner is a circular logo for 'Adriana Saenz Personal trainer and nutritionist' with five stars. Below the banner, the text 'COACH SPECIALIZING IN HEALTH PROBLEMS' is written in large, bold, red letters. At the bottom of the flyer, there is a photo of three young girls outdoors, one in a white shirt and two in black shirts, looking towards the camera.

1 SESSION FREE
TO DETERMINE WHAT YOUR
CHILD NEEDS

DRC RESPITE ACUMEN

702-502-5535
Adrianafitness@yahoo.com

5310 W Sahara Ave b,
Las Vegas, NV 89146

PRIMER GIMNASIO PARA
NIÑOS EN LAS VEGAS

Adriana Fitness
Personal trainer
and nutritionist
★★★★★

**ENTRENADORA
ESPECIALIZADA EN
PROBLEMAS DE SALUD
FORMACIÓN EN RBT**

1 SESIÓN GRATUITA
PARA DETERMINAR QUÉ
NECESITA SU HIJO

DRC RESPITE ACUMEN

702-502-5535
Adrianafitness@yahoo.com

www.healthykidsgym.com
5310 W Sahara Ave b,
Las Vegas, NV 89146

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

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SNHD @ Decatur is closed Fridays.
I work remotely Mon and Fri.

