


**From:** Rayleen D. Earney Earney@SNHD.ORG   
**Subject:** Clark County Diabetes Group Weekly Updates March 27 2026  
**Date:** March 27, 2026 at 10:10 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**

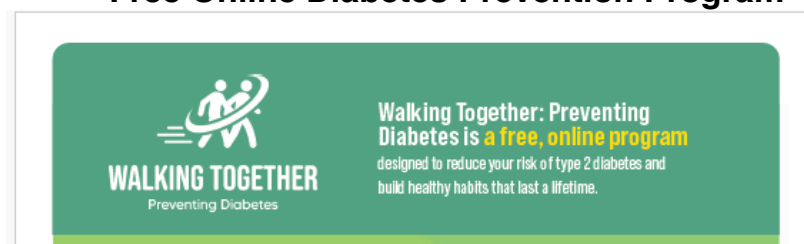
### **NEW**

**March 24 was Diabetes Alert Day. A reminder to check your blood glucose for prediabetes to help prevent type 2 diabetes.**

**SNHD's News Release:**

<https://www.southernnevadahealthdistrict.org/news-release/diabetes-alert-day-encourages-community-members-to-learn-their-risk-and-take-action/>

### **1. Walking Together: Preventing Diabetes Free Online Diabetes Prevention Program**



**TOPICS INCLUDE:**

- UNDERSTANDING DIABETES
- HEALTHY EATING
- PHYSICAL ACTIVITY
- SLEEP & STRESS MANAGEMENT
- LOCAL RESOURCES
- AND MORE

**GET STARTED TODAY**

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



**SNHD**  
Southern Nevada Health District

[www.gethealthy.clarkcounty.org](http://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.

**NEW**

**2. Spanish Walking Together: Preventing Diabetes Online Program Flyer Free**

**CAMINANDO JUNTOS**  
Previendo la Diabetes

Caminao Juntos: Prevenci3n de la Diabetes es un programa gratuito en linaa diseaado para reducir tu riesgo de diabetes tipo 2 y crear h4bitos saludables que duren toda la vida.

**LOS TEMAS INCLUYEN:**

- COMPRENENDO LA DIABETES
- ALIMENTACI3N SALUDABLE
- ACTIVIDAD F4SICA
- SUEO Y MANEJO DEL ESTR4S
- RECURSOS LOCALES
- Y M4S

**COMIENZE HOY MISMO**  
 Escuchen el código QR, ve a [www.vivaviva.com](http://www.vivaviva.com) o llámenos al (702) 759-1270





*El programa tiene fines educativos y no representa el consejo de un médico. ¡No se trata de un consejo médico!*

**3. Family First Friday  
 West Henderson Hospital  
 5-8 pm**

# 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](http://VALLEYHEALTHSYSTEMLV.COM)



#### 4. **Breakthrough T1D Community Summit – Last Chance!**

- Join us at the free Breakthrough T1D Community Summit as we bring together the type 1 diabetes (T1D) community. Learn about research advancements, participate in discussions with experts, meet others living with T1D in keynote and breakout sessions, and connect with national and local diabetes vendor partners. There will be a special Type 1 Adult Connection meetup for adults with T1D at breakfast, educational childcare for children with T1D and their siblings in 1<sup>st</sup> through 6<sup>th</sup> grade, and Teen Track options for teens with T1D in 7<sup>th</sup> through 12<sup>th</sup> grade. Registration includes continental breakfast, snacks, and lunch for all participants.
- **Date:** Saturday, March 28, 2026
- **Time:** 8:00 am – 1:30 pm
- **Location:** Palace Station Hotel and Casino, 2411 West Sahara Avenue, Las Vegas, NV 89102
- For more information and to register: [BreakthroughT1D.org/nevada/communitysummit](https://BreakthroughT1D.org/nevada/communitysummit)

#### 5. **T1D Family Meetup**

- Join us for a fun T1D Family Meetup at the Hub Park! Come explore the exciting playground with other families impacted by type 1 diabetes (T1D).
- **Date:** Saturday, April 11, 2026
- **Time:** 2:00 pm – 4:00 pm
- **Location:** The Hub Park, 11511 North Desert Foothills Drive, Las Vegas, NV 89138
- For more information and to RSVP: [BreakthroughT1D.org/nevada/familymeetup](https://BreakthroughT1D.org/nevada/familymeetup)

#### 6. **Type 1 Adult Connection – Game Night**

- Join us for Type 1 Adult Connection – a free social group for **adults (18+) with type 1 diabetes!** We'll have favorites like Uno and Phase 10, and you're welcome to bring a game you love to share with the group.
- **Date:** Thursday, April 23, 2026
- **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](https://BreakthroughT1D.org/nevada/adultconnection)

### **NEW**

#### 7. **Dignity Health**

##### **Diabetes Support Group**

**See attached St. Rose Diabetes Lifestyle Training and Nutrition newsletter for more programs!**

## **Monthly Diabetes Support Group**





## **This Month's Topic: The New Dietary Guidelines for Americans**

Join us as we discuss the new 2025-2030 dietary guidelines released in January 2026! Meet and talk with others who are also on the journey of living well with diabetes.

**Wednesday, April 1, 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 or text Rhonda at 702.616.4975.

**NEW**

### **8. Dignity Health Diabetes Prevention Program Starts April**



# Diabetes Prevention Program

You can reduce your risk of developing diabetes by as much as 58% (71% if you are over age 60)

If you have been diagnosed with prediabetes, or are at risk of developing type 2 diabetes, you may qualify for this program. Join us in this CDC-approved 12-month program, given in 16 weekly sessions, followed by monthly maintenance sessions.

**This lifestyle change program offers:**

- A certified lifestyle coach to guide and encourage you
- The skills you need to be more physically active and promote healthy eating habits
- Group support from other participants in the program
- Stress management and problem solving

**Take charge of your health and make the commitment now.**

Interested in joining in or need more information? Please call 702.616.4975 or email [rhonda.nofoa@commonspirit.org](mailto:rhonda.nofoa@commonspirit.org)



## Classes Start in April

Take advantage of our class discount. \$40 to enroll, \$10 per session.

**Thursdays, 3:00-4:00 pm**

*Dignity Health Green Valley  
Community Center*  
2651 Paseo Verde Pkwy, Ste 180  
Henderson, NV 89074

### 2026 Sessions

April 16, 23, 30  
May 14, 28  
June 4, 11, 25  
July 9, 30  
August 13, 27  
September 10, 24  
October 8, 15, 29  
November 12, 19  
December 3, 17

### 2027 Sessions

January 7, 14, 28  
February 11, 25  
March 11

## Do You Have Prediabetes? Join the Lifestyle Change Program- Starting in April!

- The National Diabetes Prevention Program lifestyle change program can help you build healthy new habits that last a lifetime.
- When you join the program, you'll learn, laugh, share stories, and try new things.
- Most of all, you'll lower your risk of type 2 diabetes and improve your health.

***New group  
starting in April  
16th in Green  
Valley!***

Call or text us at  
**702.616.4975** for  
more information.

[Click to Learn  
More](#)

**NEW**

9. **Heart of the Community Block Party**  
**Sponsored by Several Community Partners (see flyers)**



# HEART OF THE COMMUNITY

# BLOCK PARTY



Spring is here, and it is time to celebrate community, connection, and healthy living.

Featuring a live DJ, health screenings, heart-healthy food, yoga, sound healing, free haircuts, gardening 101, kids' activities, and much more!

**JOIN US**

Sat, April 11 | 11:00am – 2:00pm  
Obodo Collective  
1300 C Street, Las Vegas, NV 89106



Visit [gethealthyclarkcounty.org/block-party](https://gethealthyclarkcounty.org/block-party) to learn more.



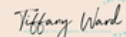
[www.gethealthyclarkcounty.org](https://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.



Dignity Health.  
St. Rose Dominican



Intermountain Health



This publication (journal, article, etc.) was supported by the Nevada State Department of Health and Human Services through Grant # NU58DP007464-03 from The National Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor The National Cardiovascular Health Program.

# ¡CELEBRA LA SALUD DE TU CORAZÓN!





¡Dale la bienvenida a la primavera y celebra la Salud de Tu Corazón!

!Disfruta de un DJ en vivo, exámenes de salud gratuitos, comida saludable para el corazón, yoga, cortes de pelo gratis, información sobre jardinería, actividades infantiles y mucho más!

**ÚNETE A NOSOTROS!** **Sábado 11 de Abril | 11:00am – 2:00pm**  
**Obodo Collective**  
 1300 C Street, Las Vegas, NV 89106

Visita [gethealthyclarkcounty.org/block-party](http://gethealthyclarkcounty.org/block-party) para obtener más información.




 [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  Dignity Health. St. Rose Dominican  Intermountain Health  
         
       

Esta publicación (revista, artículo, etc.) fue apoyada por el Departamento de Salud y Servicios Humanos del Estado de Nevada a través de la Subvención # NUS8DP007464-03 del Programa Nacional de Salud Cardiovascular. Su contenido es únicamente responsabilidad de los autores y no representa necesariamente las opiniones oficiales del Departamento ni del Programa Nacional de Salud Cardiovascular.

10. **Diabetes Class at SNHD (Spanish)**  
**Free**  
**April 8 and 15**  
**3-5 pm**

**CLASES GRATUITAS**



# CONTROLE SU DIABETES



**8 Y 15 DE ABRIL**  
**3:00PM–5:00PM**

**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 educadoras de la salud que son facilitadoras capacitadas 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

**CONOZCA MÁS**

(702) 759-1270  
[vivasaludable@snhd.org](mailto:vivasaludable@snhd.org)

Bandas elásticas Más

vivasaludable.org/csd

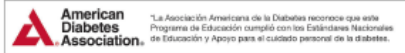


www.vivasaludable.org



ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS

Comagine Health



"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 NUSBDP007382-01, 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.

11. May 4 and 11  
Diabetes Class Spanish at SNHD

CLASES GRATUITAS



# CONTROLE SU DIABETES



**4 Y 11 DE MAYO**  
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:**

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**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



www.vivasaludable.org



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12. Virtual Diabetes Class offered by SNHD  
Free  
April 30, May 7 and 14 (attend all 3 to complete the class)

FREE CLASS



# MANAGE YOUR DIABETES



# DIABETES

**APRIL 30, MAY 7 & 14**

**2:00PM-4:00PM**

Virtual class uses TEAMS link

**YOU MUST ATTEND ALL 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

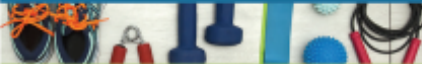


### LEARN MORE

(702) 759-1270

[gohealthy@snhd.org](mailto:gohealthy@snhd.org)

[gohealthyclarkcounty.org/myd](http://gohealthyclarkcounty.org/myd)



[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
GETTING BETTER. LIVIN' BETTER.



SCAN THIS CODE  
TO SIGN UP



Comagine  
Health



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

This material was supported by the Grant or Cooperative Agreement funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

April 7 & 14

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



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.



gethealthyclarkcounty.org



14. Spanish Flyer Pop-Up Produce Stands  
7 y 14 de abril



**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 llevara casa alimentos nutritivos y saludables.

SNHD VIVA RTC

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

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



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CSD – Comagine-April 26.pdf



Virtual Diabetes Class Eng April  
May 2026.pdf  
809 KB



SNHD DPP Online Program Eng Sp  
Red.pdf  
307 KB



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1 MB



Mail Attachment.eml  
173 KB



Breakthrough T1D Community  
Summit 032826.pdf



