


**From:** Rayleen D. Earney Earney@SNHD.ORG   
**Subject:** Clark County Diabetes Group Weekly Updates May 15 2026  
**Date:** May 15, 2026 at 9:23 AM  
**To:**

RE



**Happy Friday Everyone! Thanks for sharing! 😊**

## SNHD Community Calendars:

**Get Healthy Events Calendar:** Find free blood pressure checks at participating barber and beauty salons, community events, and more!

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

## Viva Saludable Events Calendar (Spanish)

<https://vivasaludable.org/calendario/>

## 5210 Store: Free materials

Healthcare providers may order **free 5210 materials posters and activity books, lanyards, etc.:** (Nevada residents only): <https://gethealthyclarkcounty.org/shop/>

## COMMUNITY UPDATES

### NEW

May 15

1. **Free Blood Pressure Checks!**  
3-5 pm  
**SNHD BSHOP Program**

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## Blood Pressure Screening at Master Barbering Galo



**DATE**

May 15, 2026



**TIME**

3:00 pm - 5:00 pm

**LOCATION**

Master Barbering Galo  
 8090 Blue Diamond Rd., Las  
 Vegas, NV 89178

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).

May 16

**2. Free Blood Pressure Checks!**  
**10 – 12**  
**SNHD BSHOP Program**

## Blood Pressure Screening at Hats Off

**DATE**

May 16, 2026

**TIME**

10:00 am - 12:00 pm

**LOCATION**

Hats Off  
 5625 S. Rainbow Blvd., Las  
 Vegas, NV 89118

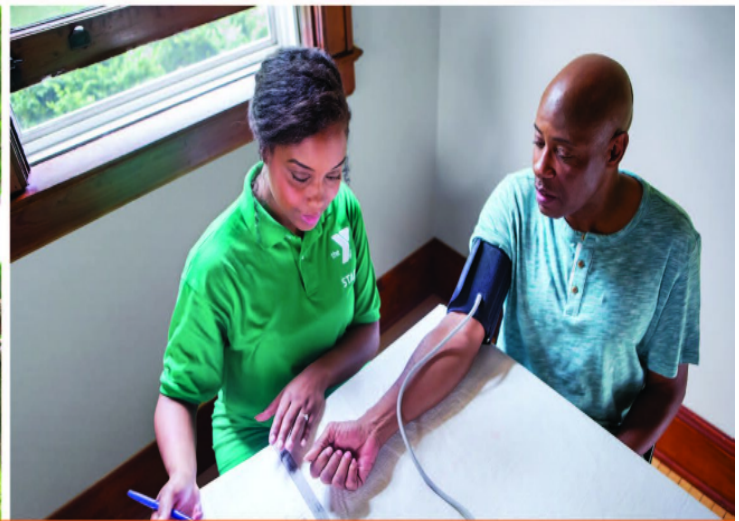
Join us for free blood pressure screenings, health education, and referrals to healthcare providers for those uninsured or without a medical home.

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).

**NEW**

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

**Nutrition Seminars**  
**June 9 and July 14**



**BLOOD PRESSURE SELF MONITORING PROGRAM**

# **NUTRITION SEMINARS**

**JUNE 9TH**

**7PM**

**JULY 14TH**

**7PM**



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



SCAN ME

**LASVEGASYMCA.ORG**



#### LOCATION

Durango Hills YMCA  
3521 N. Durango Dr, Las  
Vegas, NV 89129

<https://gethealthyclarkcounty.org/events/nutrition-seminar-at-the-ymca/>

**NEW**

#### 4. SNHD

##### Find Places to Play for the Family!

<https://gethealthyclarkcounty.org/get-moving/community-activities/places-to-play/>



**YOUR NEXT ADVENTURE  
STARTS AT THE PARK**

**FIND FUN PARKS FOR  
THE ENTIRE FAMILY.**

June 17

#### 5. Conference

##### UNR Extension

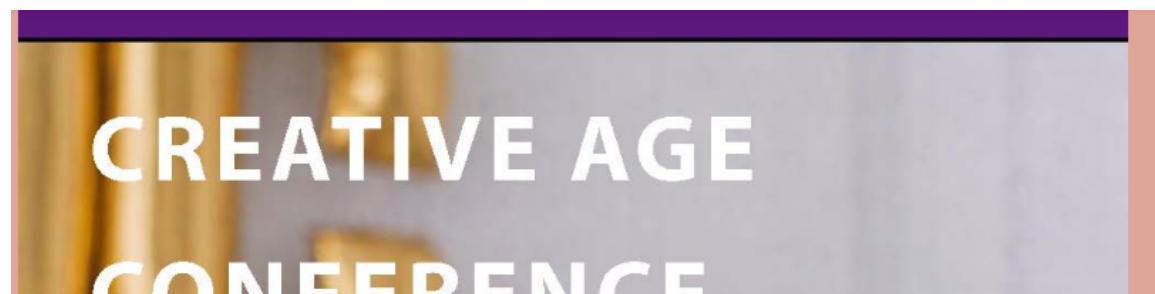
[Creative Age Conference Tickets, Wednesday, June 17 • 8:30 AM - 4:30](#)

[PM | Eventbrite](#)

Registration is Now Open!

<https://www.eventbrite.com/e/creative-age-conference-registration-1985141976089?aff=oddtcreator>

Email Natalie Mazzullo for more info: [nmazzullo@unr.edu](mailto:nmazzullo@unr.edu)



# CONFERENCE

How creativity impacts longevity



Wednesday | 06.17.2026, 8:30 am to 4:30 pm

8050 Paradise Rd. | Las Vegas, NV 89123

Registration is \$45 and includes FREE parking, handouts, continental breakfast and lunch, community resources and networking.



University of Nevada, Reno

**Extension**

College of Agriculture,  
Biotechnology & Natural Resources

## Registration open!

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8 to 8:30 a.m.	Registration & Continental Breakfast
8:30 to 8:35 a.m.	Welcome
8:35 to 8:40 a.m.	Housekeeping and Introductions
8:40 to 9:40 a.m.	Play On: Creating Joy, Presence & Connection Through Cognitive Change, with Nancy Nelson and Kat Hartley, dangle & dot
9:40 to 9:45 a.m.	Thank you, Housekeeping & Introduction
9:45 to 10:45 a.m.	Storytelling & Balancing: Cross-Team Collecting

9:45 to 10:45 a.m. Storytelling & Belonging: Cross-team Collecting with Kaylee O'Donnell and Melissa McChesney, Neon Museum

10:45 to 11:00 a.m. Break & Networking Housekeeping & Introduction

11:00 a.m. to 12:00 p.m. It's time to create my art book! with Rosalind Knight. City of the World

12:00 to 12:40 p.m. Lunch

12:40 to 12:45 p.m. Housekeeping & Introduction

12:45 to 1:45 p.m. Golden Steps: Dances to keep you on your feet! with Jennifer Nash, Ph.D., University of Nevada, Las Vegas Physical Therapy Department

1:45 to 1:50 p.m. Thank you, Housekeeping & Introduction

1:50 to 2:50 p.m. Stay Curious, Stay Creative, Stay Well with Ellen Grossman, University of Nevada, Reno Extension Healthy Aging Initiative

2:50 to 3:05 p.m. Break

3:05 to 3:10 p.m. Housekeeping and Introduction

3:10 to 4:25 p.m. Creativity in Action: Community Solutions for Healthy Aging with representation from  
City of Las Vegas – Cassandra Lewis  
Clark County Parks and Recreation – Michelle Chamberlain  
Las Vegas-Clark County Library District – Emilee Wirshing  
University of Nevada, Reno Extension, Healthy Aging Initiative – Natalie Mazzullo  
University of Nevada, Las Vegas Osher Lifelong Learning Institute – Rob Levrant  
YMCA – Rachel Flowers

4:25 to 4:30 p.m. Parting Words, Thank you & Close

**NEW**

October 6-8

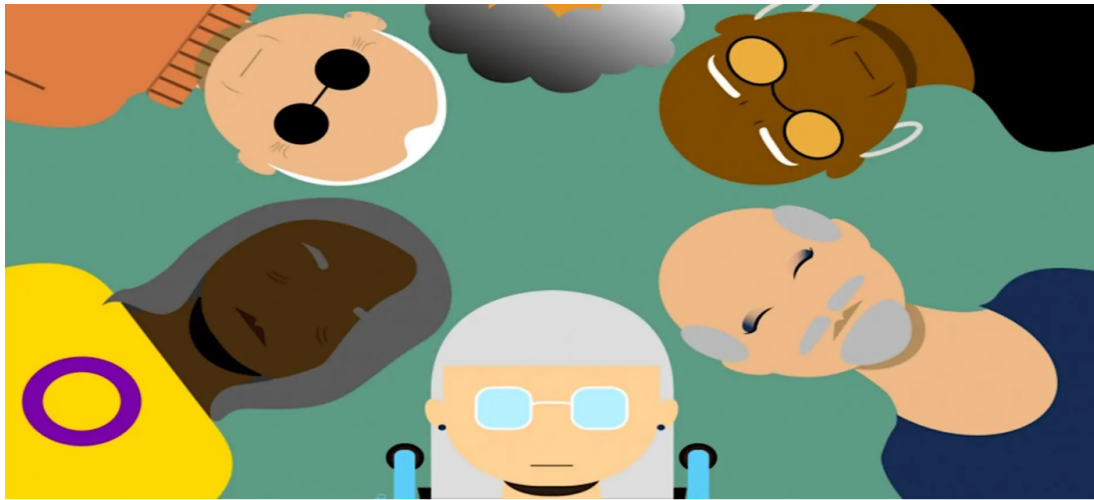
**6. UNR Extension**

**Healthy Aging Overnight Camping Experience**

Register Now: [Healthy Aging Overnight Spring Wellness Camp- April 7-9 Tickets, Tuesday, April 7-Thursday, April 9 • 8 AM-4 PM | Eventbrite](https://www.eventbrite.com/e/healthy-aging-overnight-spring-wellness-camp-april-7-9-registration-1977424876035?aff=oddtcreator)

<https://www.eventbrite.com/e/healthy-aging-overnight-spring-wellness-camp-april-7-9-registration-1977424876035?aff=oddtcreator>





University of Nevada, Reno  
**Extension**  
College of Agriculture,  
Biotechnology & Natural Resources

## Healthy Aging Overnight Camping Experience

*Preparedness Camp*

**SAVE THE DATE!**

**WHEN:** October 6, 7 and 8, 2026

[Link to register available TODAY](#)

**WHERE:** University of Nevada, Reno Extension  
Alamo 4-H Camp & Learning Center

**COST: \$225 per camper**

Camp registration includes:

- Transportation from our Clark County Office to Camp Alamo and back to our Clark County Office
- Dorm-style overnight lodging and chef-inspired meals
  - Activities such as a picnic lunch, outdoor trails, mountain views, stargazing, birding, arts and crafts, informational classes and so much more!
- Preparedness topics on fall prevention, home safety, Internet safety, nutrition, health and wellness.

**For more information, contact us at:**

Email: [HealthyAging@unr.edu](mailto:HealthyAging@unr.edu)

Phone: 702-948-5936

Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural county-state-federal partnership providing practical education to people, businesses and communities.  
Persons in need of special accommodations or assistance should call or notify Paul Lessick, Extension civil rights and compliance coordinator, at plessick@unr.edu or 702-257-5577 at least five days prior to the scheduled event.

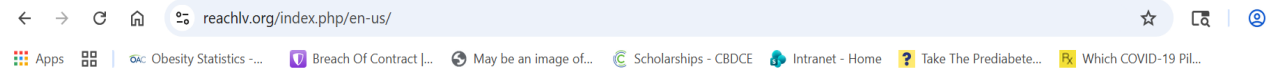
**NEW**

## 7. REACH Las Vegas

### Health Screening Programs for Everyone!

INFORMACION/CALL : 702-477-2755 y 702-902-9434

Facebook: <https://www.facebook.com/reachlv.org>



**RESEARCH, EDUCATION AND ACCESS TO COMMUNITY HEALTH**

**NECESITAS INFORMACIÓN Y ASESORÍA EN TEMAS DE SALUD?  
TE ESPERAMOS EN NUESTRO PROGRAMA**





# SALVANDO TU SALUD

**Lunes a Viernes de 9am pm a 1 pm**

**-No se requiere cita**

**-Atención para personas de cualquier nacionalidad.**

**CONSULADO GENERAL DE EL SALVADOR**

**765 N Nellis Blvd Suite 5 Las Vegas, NV 89110**



May 30

8. Southern Nevada Food Council  
Food Access Fair  
UNR Cooperative Extension  
United Way



**FOOD ACCESS FAIR**

**AT DOWNTOWN CONTAINER PARK**

**SATURDAY MAY 30<sup>TH</sup> 2026**

**707 E FREMONT ST, LAS VEGAS, NV 89101**

**12PM-3PM**

**Free for everyone:**

- FOOD, SNOWCONES, AND DRINKS
- FUN GAMES & ACTIVITIES FOR KIDS
- FACE PAINTING AND LIVE ENTERTAINMENT
- PRIZES AND RAFFLES

Join us to learn about resources that help with your grocery needs!

Find community resources for the family!

Free Parking during the event!

RSVP HERE



June 10

9. **Harvesting Health**

**Produce and Resources for Seniors at Wealthy Place Ministries  
CenterWell Senior Primary Care  
725-247-3082 (Carroll Hooks)**



## Harvesting Health for Seniors

**Wednesday, June 10, 2026 - 11AM – 2 PM**

Join us for Harvesting Health! Come pack a bag of specifically curated fresh delicious and nutritious fruits and vegetables. \*Up to \$15 in value.

Alongside fresh produce, we invite you to connect with our healthcare community, including Care Chest, United Way of Southern Nevada, HearWell, Senior Law Program, and others. Discover valuable information and resources for Seniors from our dedicated healthcare community.



**Wealthy Place Ministries**

902 W Owens Ave, LV 89106



If you have any questions, call  
**Carroll Hooks 725-247-3082**



10. **Dignity Health**

**Free Diabetes Prevention Program**  
Classes start in June

**Classes Start in June**  
**Call: 702-616-4940**



## 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 **702.616.4940** or email [heidi.phelon@commonspirit.org](mailto:heidi.phelon@commonspirit.org)



### Classes Start in June

All Classes are FREE!

**Mondays, 2:00-3:00 pm**

*Dignity Health West Flamingo  
Wellness Center*  
9880 W. Flamingo Rd, Ste 220,  
Las Vegas, NV 89147

**2026 Sessions**

June 8, 15, 29  
July 13, 20, 27  
August 10, 17, 31  
September 14, 21, 28  
October 5, 19  
November 2, 16  
December 7, 14

**2027 Sessions**

January 11, 25  
February 8, 22  
March 1, 15  
April 5, 19  
May 3

June 3, 10, and 17

### 11. Virtual Diabetes Self-Management Education Class SNHD

**FREE:** Attend all 3 days to complete class

FREE CLASS



# MANAGE YOUR DIABETES



**JUNE 3, 10 & 17**  
10:00AM-12:00PM

Virtual class uses TEAMS link

**YOU MUST ATTEND ALL 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** Southern Nevada Health District  
**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.

June 22 and 29  
**12. Spanish virtual diabetes self-management class**  
**1<sup>st</sup> time offered!**  
**Free/SNHD/Teams**

CLASES GRATUITAS



# CONTROLE SU DIABETES



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

La clase virtual utiliza un enlace de Microsoft TEAMS

**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

ESCANEES ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS

VIVA Saludable

SNHD

Comagine Health



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

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[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.





CLASES GRATUITAS



# CONTROLE

