


From: Rayleen D. Earney Earney@SNHD.ORG 
Subject: Clark County Diabetes Group Weekly Updates May 22 2026
Date: May 22, 2026 at 11:51 AM
To:

RE



Happy Friday Everyone! Thanks for sharing! 😊

Please note that SNHD will be **closed** Monday, May 25th due to the Memorial Day Holiday.

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

- 1. Pool Activities/Families Summer Fun
SNHD Move Your Way**





Free Pool Parties Get Clark County Moving

Health District's Move Your Way® campaign returns May 22 with fun, family-friendly events bring together with music, activities and community fun to help people stay active while keeping cool. [Learn more.](#)

<https://gethealthyclarkcounty.org/get-moving/move-your-way/>

[Free Pool Parties Get Clark County Moving – Las Vegas HEALS](#)

<https://www.lasvegasheals.org/free-pool-parties-get-clark-county-moving/>

Move Your Way – Slide into Summer at Wells Pool



DATE

May 22, 2026



TIME

6:00 pm - 8:00 pm



LOCATION

Wells Park Pool
1640 Price St, Henderson,

NV 89011

SHARE THIS EVENT



Move Your Way – Back to Pool Extravaganza



DATE

May 25, 2026



TIME

12:00 pm - 3:00 pm



LOCATION

Silver Mesa
Recreation Pool
4025 Allen Ln, North
Las Vegas, NV 89032

SHARE THIS EVENT



NEW

June 25

2. YMCA Diabetes Prevention Class Series

Sign up Today! Scan QR code on attached flyer.

6 pm

Free 1 year YMCA Membership (for those who qualify)

Call Courtney Taber: 702-522-7370

Email: ctaber@lasvegasvmca.org

PREVENT TYPE 2 DIABETES

THURS, JUNE 25 ▼ 6PM

- ▼ Free 1-year YMCA membership
- ▼ Free Lifestyle Coach
- ▼ Proven Weight-loss Program

The National Diabetes Prevention Program can help you:



Lose weight



Prevent or delay diabetes



Reduce risk of heart disease & stroke



Improve cholesterol



Boost energy



Increase overall well-being

Get support, stay motivated, and take charge of your health!

For more information, contact:

Courtney Taber
702.522.7370

ctaber@lasvegasyymca.org

Take this quick quiz to learn if you qualify:



SCAN ME



Comagine Health



NATIONAL DIABETES PREVENTION PROGRAM



This material was supported by the Grant or Cooperative Agreement Number, NU58DP007392-01, 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.

Centennial Hills YMCA | 6601 N Buffalo Dr, Las Vegas, NV 89131 | 702.478.9622 | LasVegasYMCA.org

NEW

June 13

3. West Henderson Hospital
See info below and attached flyers to participate!

GUINNESS WORLD RECORDS™ ATTEMPT

MOST PEOPLE TO PERFORM CPR IN 12 HOURS

JOIN THE ATTEMPT! SIGN UP TO PARTICIPATE!

SAVE LIVES. SUPPORT CPR AWARENESS.

WHEN: Saturday, June 13th

TIME: 8AM - 8PM

SCAN QR CODE TO PARTICIPATE:



OFFICIAL
ATTEMPT

LAS VEGAS RAIDERS & COMMUNITY PARTNERS ATTEMPT GUINNESS WORLD RECORD

Who: The Las Vegas Raiders, Intermountain Health, and West Henderson Hospital will lead a community-wide attempt to break the GUINNESS WORLD RECORDS™ title for most people performing Cardiopulmonary Resuscitation (CPR) in 12 hours.

What: The current World Record for most people performing CPR in 12 hours is 3,319. We know we can beat that and save lives in Las Vegas! With this record attempt we hope to host at least 5,000 participants, each completing 30 seconds of CPR on a mannequin down on the field inside Allegiant Stadium. This initiative was created as a public health awareness and large-scale training campaign aimed at helping everyday people respond effectively during medical emergencies. Its core goal is to make Hands-Only CPR accessible to anyone, regardless of prior experience, and to empower more people to act quickly when it matters most. By doing so, it seeks to improve survival rates in the critical moments before professional help arrives.

When: Saturday, June 13, 2026
8:00 A.M. – 8:00 P.M.

Where: Allegiant Stadium
3333 Al Davis Way
Las Vegas, NV 89118

Parking: Parking will be FREE. Further parking details will be emailed to all registered participants and volunteers closer to the event date.

How to Participate: **All participants MUST be 12 years of age or older**

- **Participants** are those individuals who actively perform CPR on a mannequin and count towards the record number.
- **Participants** can sign up for a time slot by going to the following link:

<https://vegas.raiders.com/events/world-record-cpr-event> or by scanning the QR code on the bottom right corner of the **Participant** flyer attached.

- The **Participant** flyer has the peach-colored background on the bottom half of the flyer.
- **Participants** must correctly perform CPR on a mannequin for 30 seconds.
- After participating, all **Participants** will be welcome to engage in fun and interactive event activities in the Coors Light Landing area of Allegiant Stadium!
- Further **Participant** details will be emailed to all registered **Participants** closer to the event date.

How to volunteer: All volunteers MUST be 18 years of age or older

- There are two volunteer options for this Guinness World Records Attempt. The first position is titled a **Steward**. The second position is titled a **General Volunteer**.

- **STEWARD**

- During this attempt, a **Steward** will be positioned at an assigned CPR mannequin and will observe participants completing CPR compressions. Each Steward will hold a stopwatch (*provided by attempt/event organizers*) and time individual participants completing CPR compressions for 30 seconds. The Steward must also note disqualification for any participants who do not perform the CPR compressions for the required duration of 30 seconds and/or who leave the CPR attempt area. Each Steward will have an event volunteer assigned to them who will be responsible for counting CPR participants (successful and disqualified attempts). Please see below for **Steward** responsibilities:
 - Must be independent from the attempt/event organizer (CANNOT be an employee of the Las Vegas Raiders, Intermountain Health, or West Henderson Hospital)
 - Responsible for observing an allocated group of CPR participants (*Maximum number of participant observations is 100*). After 100 participants, Stewards will be relieved of duties.
 - Must also note disqualification for any participants who do not perform the CPR compressions for the required duration of 30 seconds and/or who leave the CPR attempt area.
 - Must commit to a minimum 3-hour volunteer shift
 - Stewards CANNOT also be participants in the CPR world record attempt, NOR can they help participants complete the CPR compressions.
 - Stewards are NOT required to be CPR certified
 - Must complete a Steward Statement that fully describes how many participants they observed, along with the number and reasoning for any disqualifications they made during the attempt

NEW

4. NovoNordisk Wegovy/Medicare GLP-1 Bridge Program (Shared by Partners for a Healthy Nevada)

- NovoNordisk is offering a new pathway to access Wegovy for qualified people with obesity who have Medicare.
- Please see the **attached** flyer for more information on the Medicare GLP-1 Bridge Program.

A New Pathway to Access Wegovy® (semaglutide) for Obesity¹

All doses and formulations of Wegovy® at only \$50 copay per month for eligible Medicare Part D beneficiaries^{1,†}

wegovy®
semaglutide tablet 2.5mg
injection 1.7mg | 2.4mg | 3.0mg



Indication and Usage

Wegovy® injection and tablets are indicated in combination with a reduced calorie diet and increased physical activity to:

- Reduce excess body weight and maintain weight reduction long term in adults with obesity or with overweight in the presence of at least one weight-related comorbidity

Limitations of Use

Concomitant use of Wegovy® tablets or Wegovy® injection with other semaglutide-containing products or with any GLP-1 receptor agonist is not recommended

When¹: Beginning July 1, 2026



How it works¹

- Part D plans do not have to opt in for eligible beneficiaries to access Wegovy®
- Wegovy® will be available for eligible Medicare beneficiaries for the other FDA-approved indications through their normal Part D benefits
- The program will operate outside of the Medicare Part D benefits
- Pharmacies can send claims to the established BIN and PCN that CMS has created



Medicare GLP-1 Bridge clinical criteria¹

- Medication prescribed for weight management, in combination with current and ongoing lifestyle modification consistent with the applicable FDA-approved label
- ≥18 years of age
- **BMI ≥35** **OR** **BMI ≥30 + 1 or more** of the following comorbidities:
 - Uncontrolled HTN, HFpEF, CKD Stage 3a or above
- **BMI ≥27 + 1 or more** comorbidities:
 - Pre-diabetes, previous stroke/MI, symptomatic PAD

For more information on the Medicare GLP-1 Bridge Program, please [click here](#).

¹The Medicare GLP-1 Bridge Program is a nationwide, short-term CMS program designed to cover select weight management drugs for Medicare Part D beneficiaries.¹

[†]Terms apply. For eligible Medicare patients prescribed Wegovy® for a covered FDA-approved indication. Eligibility criteria will be determined by CMS. This information is not a guarantee of coverage. Month defined as 1 box of 4 pens of Wegovy® and 1 bottle of 30 tablets of Wegovy®. Visit <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge> to learn more.^{1,†}

BIN, bank identification number; BMI, body mass index; CKD, chronic kidney disease; CMS, Centers for Medicare & Medicaid Services; CVD, cardiovascular disease; FDA, US Food and Drug Administration; GLP-1, glucagon-like peptide-1; HFpEF, heart failure with preserved ejection fraction; HTN, hypertension; MACE, major adverse cardiovascular event; MI, myocardial infarction; OOP, out of pocket; PA, prior authorization; PAD, peripheral arterial disease; PCN, processor control number.

Important Safety Information

WARNING: RISK OF THYROID C-CELL TUMORS

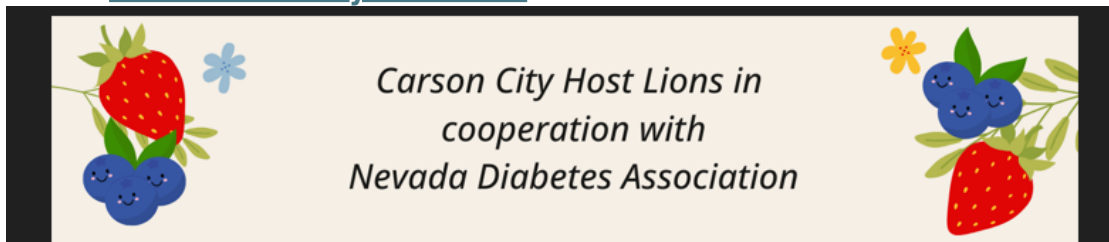
- In rodents, semaglutide causes dose-dependent and treatment-duration-dependent thyroid C-cell tumors at clinically relevant exposures. It is unknown whether Wegovy® causes thyroid C-cell tumors, including medullary thyroid carcinoma (MTC), in humans as human relevance of semaglutide-induced rodent thyroid C-cell tumors has not been determined
- Wegovy® is contraindicated in patients with a personal or family history of MTC or in patients with Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). Counsel patients regarding the potential risk for MTC with the use of Wegovy® and inform them of symptoms of thyroid tumors (e.g. a mass in the neck, dysphagia, dyspnea, persistent hoarseness). Routine monitoring of serum calcitonin or using thyroid ultrasound is of uncertain value for early detection of MTC in patients treated with Wegovy®



Please see additional Important Safety Information on the following pages. Please [click here](#) for Prescribing Information, including Boxed Warning.

NEW
May 30

5. **Carson City Lions Club**
Diabetes Awareness Barbecue
www.carsoncitylions.com





FOOD ACCESS FAIR

AT DOWNTOWN CONTAINER PARK

SATURDAY MAY 30TH 2026

707 E FREMONT ST, LAS VEGAS, NV 89101

12PM-3PM

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

Free for everyone:

Find community resources for the family!

FOOD, SNOWCONES, AND DRINKS

FUN GAMES & ACTIVITIES FOR KIDS

FACE PAINTING AND LIVE ENTERTAINMENT

PRIZES AND RAFFLES

Free Parking during the event!



RSVP HERE



May 29

8. CenterWell

Nutrition Workshop

Call 725-247-3082 to reserve your spot!

11-12oon





How Nutrition Changes as you Age

Friday, May 29, 2026

11:00am - 12:00pm

Join us for a delicious organic green salad provided by a local farmer, and learn about nutrition. Topics include:
*The benefits of a healthy diet *Common myths about aging and nutrition * How getting older affects the way you eat *Tips to help you eat well, in spite of age-related changes



390 West Lake Mead
Parkway
Henderson, NV 89015

Please RSVP by May 26, 2026

Call **725-247-3082**
to reserve your spot

CenterWell does not discriminate on the basis of race, color, national origin, age, disability or sex.

GCHL4GZEN

CenterWellPrimaryCare.com

9. Dignity Health **Free Diabetes Prevention Program** 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



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

10. Virtual Diabetes Self-Management Education Class Series 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

CLARK COUNTY, EAST DETROIT, AND TOSCANO HEAL

SCAN THIS CODE TO SIGN UP

SNHD Southern Nevada Health District

Comagine Health

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.

American Diabetes Association

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

June 22 and 29

11. Spanish virtual diabetes self-management class series

1st 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

www.vivasaludable.org

ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS

VIVA Saludable

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 NUS82P007382-01, 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.

June 10

12. **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









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.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.



- Guinness World Records Attempt - Hands Only CPR PARTICIPANT...**
1.4 MB 
- Guinness World Records Attempt - Hands Only CPR VOLUNTEER fly...**

- 2026 Healthy New Start Flyer - June 25 (002)RED.pdf**
697 KB 
- Spanish Diabetes Virtual Class Flyer June 2026.pdf**
825 KB 
- Virtual Diabetes Class SNHD June 2026.pdf**
804 KB 
- Harvesting Health (1).pdf**

- Medicare GLP-1 Bridge.pdf**
341 KB 