

TAKE CHARGE OF YOUR HEALTH!



Support classes for people with diabetes, those at risk of diabetes, or those living with diabetes.

DIABETES PREVENTION PROGRAM (DPP)

For people with prediabetes or at risk for type 2 diabetes

- ✓ **Healthy** eating habits
- ✓ **Physical** activity
- ✓ **Stress** management
- ✓ **Peer** support
- ✓ **Reduce** your risk of developing type 2 diabetes

DIABETES SELF-MANAGEMENT EDUCATION (DSME)

For people living with diabetes

- ✓ **Learn** day-to-day diabetes management skills
- ✓ **Improve** nutrition and activity habits
- ✓ **Reduce** stress
- ✓ **Set** goals and build confidence
- ✓ **Connect** with others for support



— ONLINE CLASSES AVAILABLE THROUGH: —



**CARSON TAHOE
HEALTH**

**New Diabetes Management
Classes Starting in June!**

Call to sign up:

☎ (775) 445-8607
or (775) 445-8820

Email

✉ diabetes.nutrition@carsontahoe.org



Sanford Center for Aging
University of Nevada, Reno
School of Medicine

University of Nevada, Reno
Sanford Center for Aging
School of Medicine

☎ (775) 784-4774

✉ wellness.sca@unr.edu

Class Schedule **Diabetes Prevention Program**

Mondays:
1:00- 2:00 PM
Begins Jun 22

Thursdays:
12:00-1:00 PM
Begins Jun 18

Diabetes Self-Management

Wednesday:
2:00–4:30 PM
June 3 – July 15



Dignity Health®
A member of CommonSpirit

**New Diabetes
Management Classes
Starting in June!**

Call or text to sign up:

☎ 702-616-4940

Email

✉ Heidi.Phelon@commo.nspirit.org



Programs are provided at no cost to participants, funded by the State of Nevada Division of Public and Behavioral Health and the Jean Sanford Endowment.