

Diabetes Self-Management Education Program

Join this workshop series to gain the everyday skills needed to manage diabetes successfully!



Healthy Eating



Stress Management



Improved Sleep



Blood Sugar Control



Weight Management



Physical Activity



Problem Solving



Getting Support

Classes are lead by experienced health educators and held live **online and in-person**.

Fill out our online contact form by scanning QR code or give us a call!

(775) 284-1898



**Testimonial
from our client:**

"I feel like so much of the stress I had in my life is gone now that I learned ways to manage my life with diabetes. What a relief all thanks to the workshops."

— 55-year-old female with diabetes

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Upcoming Class Dates:



HealthEducation@AHNNV.org



(775) 284-1898

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	30	31			

Four-Week Workshop Series
Highlighted dates from 9:00 - 11:00 a.m.