

Diabetes Self-Management Classes

Dignity Health / Nevada Quality & Technical Assistance Center

Free diabetes self-management programs are available in English and Spanish. Stanford curriculum, 6 sessions each.

▶ (702) 616-4914 or www.nvhealthyliving.org

Healthy Living Institute at UMC

Free diabetes self-management classes, Stanford curriculum, 6 sessions each.

▶ (702) 383-7353 (SELF) or <https://www.umcsn.com/healthy-living-institute>

Nevada Diabetes Association

Visit the statewide diabetes resource directory to find information about kids camps, support groups, classes, and resources.

▶ 1-800-379-3839 or www.diabetesnv.org

Southern Nevada Health District

Free diabetes workshops are available using the US Diabetes Conversation Maps.

▶ (702) 759-1270 or www.gethealthyclarkcounty.org
or email gethealthy@snhd.org

Please call first to ask about class costs, schedules and requirements because information may change.



Diabetes Prevention Classes

Dignity Health/ Nevada Quality & Technical Assistance Center

▶ (702) 616-4914 or www.nvhealthyliving.org

Find a listing of CDC-recognized Diabetes Prevention Programs near you:

▶ https://nccd.cdc.gov/DDT_DPRP/Registry.aspx



The Road to Diabetes Prevention Program

is a free online program developed by the Southern Nevada Health District.

Participate at your own pace.

▶ www.gethealthyclarkcounty.org/training/diabetes



Low Cost Clinics



Family Health Care Center at the Southern Nevada Health District

- ▶ (702) 759-1800 or www.snhd.info/clinic/family-health-clinic
- 280 S. Decatur Blvd. • Las Vegas, NV 89107

Alliance Against Diabetes Clinic

- ▶ (702) 207-0400 or www.allianceagainstdiabetes.org
- 3930 E. Patrick Ln. • Las Vegas, NV 89120

Community Outreach Medical Center

- ▶ (702) 657-3873 or www.communityoutreachmedicalcenter.org
- 1090 E. Desert Inn Rd., Ste. 200 • Las Vegas, NV 89109

First Person Care Clinic

- ▶ (702) 380-8118 or www.firstpersoncc.org
- 1200 S. 4th St., Ste. 111 • Las Vegas, NV 89104
- 200 E. Horizon Dr., Ste. A-B • Henderson, NV 89015

FirstMed Health & Wellness Centers

- ▶ (702) 731-0909 or www.fmhwc.org
- 3343 S. Eastern Ave. • Las Vegas, NV 89169
- 400 Shadow Ln., Ste. 106 • Las Vegas, NV 89106
- 3940 N. Martin Luther King Blvd., Ste. 105B • North Las Vegas, NV 89032

Hope Christian Health Clinic

- ▶ (702) 644-4673 (HOPE) or view eligibility at www.hopehealthvegas.org
- 4357 Corporate Center Dr., Ste. 450 • North Las Vegas, NV 89030
- 4040 N. Martin Luther King Blvd., Ste. A • North Las Vegas, NV 89032

Nevada Health Centers

- ▶ 1-800-787-2568 or www.nevadahealthcenters.org
- *Cambridge:* 3900 Cambridge, Ste. 102 • Las Vegas, NV 89119
- *Eastern Dental and Medicine:* 2212 S. Eastern Ave. • Las Vegas, NV 89104 • For dental appt., call (702) 597-3898
- *Henderson Family Health Center:* 98 E. Lake Mead Pkwy., Ste. 103 • Henderson, NV 89015
- *Martin Luther King:* 1799 Mt. Mariah Dr. • Las Vegas, NV 89106
- *North Las Vegas:* 2225 Civic Center Dr., Ste. 224 • North Las Vegas, NV 89030

Volunteers in Medicine of Southern Nevada

Free clinics. Must call to set appointment. No walk-ins.

- ▶ (702) 967-0530 or view eligibility at www.vmsn.org
- *Paradise Park Clinic:* 4770 Harrison Dr., Ste. 200 • Las Vegas, NV 89121
- *Ruffin Family Clinic:* 1240 N. Martin Luther King Blvd. • Las Vegas, NV 89106

*Please call first
to determine
eligibility.*

