



DIABETES SELF-MANAGEMENT PROGRAM

For people living with type 2 diabetes who want to learn tools to better manage their condition.

When: Sessions meet **Thursdays** from 12 to 2:30 p.m.
beginning on **September 3** through **October 8**
*There is an introductory session on **Thursday, August 27**
and all are encouraged to attend!*

Where: **Online via Zoom**
Link sent upon registration

Cost: **FREE!**

Register: <https://bit.ly/SanfordDSMPFall26>



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More info: Call (775) 784-4774 or email wellness.sca@unr.edu

Class size is limited, so register early.

These classes are free to participants due to funding in part by the State of Nevada Division of Public and Behavioral Health and the Jean Sanford Endowment.



University of Nevada, Reno

Sanford Center for Aging

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