

# TAKE CHARGE

## *of Your Health!*

Free support. Proven results.  
A healthier you starts today!



**FREE PROGRAMS**  
No cost to participants!



**ONLINE CLASSES**  
Convenient and accessible from home!



**Diabetes Prevention Program (DPP)**  
For adults 18+ with prediabetes or at risk



**Diabetes Self-Management Education (DSME)**  
For adults living with type 2 diabetes

### THREE CONVENIENT PLACES TO GET STARTED



Offering DPP & DSME Classes

ONLINE CLASSES AVAILABLE

 (775) 445-8820

 [diabetes.nutrition@carsontahoe.org](mailto:diabetes.nutrition@carsontahoe.org)



**SANFORD CENTER FOR AGING**

University of Nevada, Reno  
School of Medicine

Offering DPP & DSME Classes

ONLINE CLASSES AVAILABLE

 (775) 784-4774

 [wellness.sca@unr.edu](mailto:wellness.sca@unr.edu)



**Dignity Health.**

Offering DPP & DSME Classes

ONLINE CLASSES AVAILABLE

 (702) 620-7800

 [Jemaima.Tagayuna@commonspirit.org](mailto:Jemaima.Tagayuna@commonspirit.org)

### PROGRAM DETAILS & CLASS INFORMATION

#### CARSON TAHOE HEALTH & DIGNITY HEALTH

##### Diabetes Self-Management Education (DSME)



#### NEW DSME CLASSES STARTING IN JUNE!

Join online classes offered by Carson Tahoe Health and Dignity Health beginning in June.


- Learn skills to manage your diabetes day-to-day
- Reduce stress and improve overall health
- Connect with a supportive community


#### SANFORD CENTER FOR AGING

##### DPP & DSME CLASSES

##### DIABETES PREVENTION PROGRAM (DPP)


For adults 18+ with prediabetes or at risk for type 2 diabetes.

 **DPP Classes:**  
**ONLINE ON THURSDAYS**  
Thursdays from 12–1 p.m.  
beginning **June 18**

 **DPP Classes:**  
**ONLINE ON MONDAYS**  
Mondays from 1–2 p.m.  
beginning **June 22**

##### DIABETES SELF-MANAGEMENT PROGRAM (DSME)

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

 **DSME Classes:**  
**ONLINE ON WEDNESDAYS**  
Wednesdays from 2–4:30 p.m.  
beginning **June 3**  
through **July 15**



These programs are brought to you in collaboration with and are funded in part by the State of Nevada Division of Public and Behavioral Health and the Jean Sanford Endowment.