

FREE CLASS



MANAGE YOUR DIABETES



AN ONLINE, 7-SESSION CLASS

JANUARY 26
FEBRUARY 2, 9, 16, 23
MARCH 2, 9
2-3:30PM

Classes are taught by Health Educators who are trained facilitators in the Conversation Map® Diabetes Self-Management & Education curriculum.

MUST ATTEND ALL 7 SESSIONS TO COMPLETE THE CLASS



LEARN MORE

 (702) 759-1270

 gethealthy@snhd.org

 gethealthyclarkcounty.org/myd



SCAN THIS CODE TO SIGN UP

If at least 2 participants do not register, classes will be rescheduled.

www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

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