



FOR IMMEDIATE RELEASE  
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**Southern Nevada Health District to offer free, six-week diabetes management classes**

**LAS VEGAS** – The Southern Nevada Health District, in partnership with the Nevada State Health Division, kicks off a free six-week, diabetes self-management program in English and Spanish in October. The classes will educate participants about strategies to improve blood sugar control, how to increase physical activity and how to improve eating habits. Each session is approximately two hours. People with diabetes as well as individuals who are at high risk of developing diabetes, and caregivers of people with diabetes are welcome to participate and are encouraged to attend all six sessions. For additional information, visit [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org) or call (702) 759-1270.

Classes will be held between 9 a.m. and 11 a.m., Tuesday Oct. 12, 19, and 26, Nov. 2, 9 and 16 at the YMCA of Southern Nevada, 4141 Meadows Lane in Las Vegas. Spanish language classes will be held between 6:30 p.m. and 8:30 p.m., Wednesday Oct. 20 and 27, Nov. 10, 17 and 24, and Dec. 1 at St. Christopher’s Church, 1840 N. Bruce, North Las Vegas.

Diabetes self management is considered a key element to avoid diabetes-related complications. Without appropriate diagnosis and treatment, diabetes is among the leading causes of blindness, kidney failure, heart disease and stroke. According to the American Diabetes Association, approximately 5.7 million of the nearly 24 million Americans with diabetes are undiagnosed. Eight percent of Nevadans have been diagnosed with diabetes.

Diabetes resources are available on [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org) website. Updated information about the Southern Nevada Health District can be found on Facebook [www.facebook.com/SouthernNevadaHealthDistrict](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter : [www.twitter.com/SNHDInfo](http://www.twitter.com/SNHDInfo).