

Don't  
fight  
diabetes  
alone!



## DIABETES SELF-MANAGEMENT PROGRAM

This program is offered by Sanford Center for Aging at the University of Nevada, Reno, developed by Stanford University School of Medicine.

Sessions are held for 2 ½ hours once a week for seven weeks.

**This workshop is free.**

**Sessions begin in 2024. For more information about upcoming dates, contact the Health and Wellness team:**

(775) 784-4774 | [wellness.sca@unr.edu](mailto:wellness.sca@unr.edu)

*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.*



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