



DIABETES SELF-MANAGEMENT PROGRAM TWO AVAILABLE OPPORTUNITIES!

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

Virtual!

Sessions meet **Thursdays** from
Noon to 2:30 p.m.

Sept. 25 - Nov. 6, 2025

Zoom link sent upon registration

<https://bit.ly/DSMPFall25>



Scan the QR
above.

In Person!

Sessions meet **Thursdays** from
9:30 a.m. - noon

Oct. 2 - Nov. 13, 2025

OLLI Campus: 604 W Moana Lane

<https://bit.ly/DSMP25OLLI>



Scan the QR
above.

More info: Call (775) 784-4774 or email 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.



University of Nevada, Reno

Sanford Center for Aging

School of Medicine



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