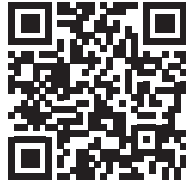


FREE RESOURCES FOR SELF-MANAGEMENT AND CHRONIC DISEASE PREVENTION

We offer free online programs and mobile apps to help you prevent and manage chronic disease.

Learn more at
[GetHealthyClarkCounty.org](https://www.gethealthyclarkcounty.org)



DIABETES



ONLINE PROGRAM: The Road to Diabetes

Prevention can help you reduce the risk of developing type 2 diabetes. Learn about your risk factors and how to make simple lifestyle changes to improve your health. Sign up at [GetHealthyClarkCounty.org/Manage-Your-Risk/Local-Diabetes-Resources](https://www.gethealthyclarkcounty.org/Manage-Your-Risk/Local-Diabetes-Resources)



CLASSES: We offer free diabetes self-management education and support classes in-person or virtually. Register for classes at [GetHealthyClarkCounty.org/Manage-Your-Risk/Local-Diabetes-Resources](https://www.gethealthyclarkcounty.org/Manage-Your-Risk/Local-Diabetes-Resources)

HEART HEALTH



COMMUNITY PROGRAMS & CLASSES:

Do you know your numbers? Our online resources and education tools can help you learn how to manage your blood pressure to lower your risk for developing heart disease and stroke. Take charge of your health by taking steps to be more physically active, eat healthier, stop using tobacco products and monitor your blood pressure regularly. The **Barber/Beauty Shop Health Outreach Project (BSHOP/BeSHOP)** offers free blood pressure screenings at participating barber and beauty shops.



Find where you can get your blood pressure checked for free:
[GetHealthyClarkCounty.org/Community-Calendar](https://www.gethealthyclarkcounty.org/Community-Calendar)

Learn how to manage your risk and achieve a healthy lifestyle:
[GetHealthyClarkCounty.org/Manage-Your-Risk/Heart-Disease](https://www.gethealthyclarkcounty.org/Manage-Your-Risk/Heart-Disease)

NUTRITION



ONLINE PROGRAM: The Nutrition Challenge

is an eight-week online program that helps you increase your fruit and vegetable intake. Learn about how many fruits and vegetables you should eat and get weekly recipes. Learn more at [GetHealthyClarkCounty.org/Eat-Better](https://www.gethealthyclarkcounty.org/Eat-Better)



MOBILE APPS: Half My Plate

is a mobile app that helps you reach your goals for a healthy diet by inspiring you to make half your plate fruits and vegetables. The **SNAP Cooking** app features hundreds of easy recipes right at your fingertips. Download at [GetHealthyClarkCounty.org/Eat-Better](https://www.gethealthyclarkcounty.org/Eat-Better)



PHYSICAL ACTIVITY



ONLINE PROGRAMS & MOBILE APPS:

The **Walk Around Nevada** online program and app help you reach your goals by tracking your daily physical activity.



The **Neon to Nature** online program and app provide trail listings that include trail information and photos, along with detailed map descriptions of the trail's location, length, and various amenities.



Find more tips at [GetHealthyClarkCounty.org/Get-Moving](https://www.gethealthyclarkcounty.org/Get-Moving)

TOBACCO USE



PHONE, TEXT, CHAT & ONLINE SUPPORT:

The **Nevada Tobacco Quitline** is a FREE and CONFIDENTIAL phone and web-based service available to Nevada residents 13 years of age or older looking to quit smoking and/or vaping. The Quitline provides one-on-one coaching and nicotine replacement therapy (patches, gum, or lozenges) for qualified individuals. Expert coaches help overcome common barriers such as dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. Services are offered in many languages.



Call **1-800-QUIT-NOW (1-800-784-8669)** or text **QUITNOW** to **333888**. Learn more at [NevadaTobaccoQuitline.com](https://www.NevadaTobaccoQuitline.com)