

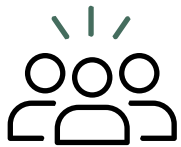


CARSON TAHOE
HEALTH

2025 Diabetes Self-Management Workshops & Support Groups

Learn the importance of diabetes self-management education for successful diabetes care with workshops, support groups, and one-on-one care.

Workshops and support groups are led by registered dietitians and diabetes educators. To qualify for insurance coverage, one individual appt with an educator is required before attending the workshop. For one-on-one appointments, call 775-445-5500.



Support in friends and healthcare professionals



Gain knowledge in diabetes management



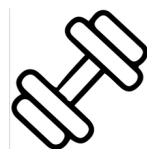
Distress options



Glucose monitoring & targets



Nutrition guidance and carb counting



Effect of activity on blood glucose



Manage chronic complications



Medication considerations

Join our upcoming sessions at Carson Tahoe

Support Groups

2nd Wednesday each month from 1 - 2pm (Carson City Senior Center - 911 Beverly Drive Carson City, NV 89706)

3rd Wednesday each month from 1 - 2pm (Dayton Medical Center - 901 Medical Center Drive - Dayton, NV 89403)

Workshops

One Full Day (8:30AM - 4:30PM)

April 24th & September 11th

Two Half Days (1PM - 5PM)

January 23rd and 30th

March 6th and 13th

July 24th and 31st

October 23rd and 30th

Location: Carson Tahoe Regional Medical Center - Bristlecone Room - 1600 Medical Pkwy Carson City, NV 89703