Did you know that classes and one-on-one consultations on a variety of health topics are available to you?

- Asthma
- Cancer Nutrition
- COPD
- Diabetes
- Exercise
- Grocery Shopping Tours
- Healthier Living
- Healthy Nutrition
  - Toddlers and Preschoolers
  - Children
  - Teens
- Heart Failure
- Heart Health
- Lactation
- Medical Nutrition
  - Hypoglycemia
  - Renal Diet
  - Protein-Calorie Malnutrition
  - Other Issues
- Prediabetes
- Pregnancy
- Senior Health
- Sports Nutrition
- Stress Management
- Tobacco Cessation
- Weight Management
  - Weight Management Support Group

If you are a Health Plan of Nevada or Sierra Health and Life member and are interested in attending a class or scheduling a one-on-one consultation, call today: 702-877-5356 or 1-800-720-7253; TTY 711. One-on-one consultations require a referral from your provider.