

# HEALTH EDUCATION

and Wellness Classes



HEALTH EDUCATION  
AND WELLNESS

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](tel:702-877-5356) or [1-800-720-7253](tel:1-800-720-7253); TTY 711. One-on-one consultations require a referral from your provider.

ENGLISH

SPANISH