

2026 Diabetes Self-Management Program

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

Two Half Days (1PM - 5PM)

January 22nd and 29th

March 19th and 26th

June 18th and 25th

September 17th and 24th

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

(775) 445-8000
carsontahoe.com

