



Carson City

[accesshealthcare.org/healthylife](https://www.accesshealthcare.org/healthylife)

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Program/Business	Category	Additional Services	Description	Address	Phone	Website	Contact Person	Email
Carson Tahoe Health	Diabetes Self-Management Education and Support	Medical Nutrition Therapy	Medical Nutrition Therapy - May be covered by insurance; Cardiac Rehabilitation - three-month course of educational opportunities, monitored exercises and support. By attending the classes and exercise sessions, you will learn how to take control of your health and get back to the quality of life you've been craving. Improving cardiac fitness and endurance is the primary goal to bettering your overall health. Our professional staff will show you how to exercise safely based on your personal fitness level. Whether you have had a heart attack, stable angina, coronary artery disease, bypass surgery or balloon angioplasty, cardiac rehab may be the opportunity you have been searching for to take control of your health. Your healthcare provider will need to provide a referral for your participation.	Eagle Medical Center 2874 N. Carson St. Carson City, NV 89706	Nutrition 775-445-5500, Cardiac Rehab 775-445-7310, Group Exercise 775-445-7337	https://www.carsontahoe.com/nutrition.html ; https://www.carsontahoe.com/cardiac-rehab.html ; https://www.carsontahoe.com/calendar.html		
CARE Chest of Sierra Nevada - Aging & Disability Services Division	Social Services		Free medical equipment and supplies, medical nutrition, prescription assistance, diabetic testing supplies, independent living services & care loans. Aging and Disability Services Division Drop-off, first Tuesday of the month at 11am.	3416 Goni Rd. #132, Carson City, NV 89706	775-829-2273	https://www.carechest.org/	Victor Sanchez	
Nevada Tobacco Quitline	Social Services		Smoking cessation support	Carson City, NV	1-800-784-8663	https://nevada.quitlogix.org/en-US/		
Carson City Senior Center	Senior Center		Lunch; Yoga, dance, cards, resistance exercise, etc; Blood Pressure checks on Wednesdays 11 AM - 12 PM, prescription assistance, social work program.	911 Beverly Dr, Carson City, NV 89706	775-883-0703	https://www.carsoncityseniorcenter.org/		
Carson Tahoe Health - Chronic Disease Management	Diabetes Self-Management Education and Support	Diabetes Prevention Program, Blood Pressure Self-Mangement	Offers Diabetes Education and Support. DEAP Accredited. National Diabetes Prevention Program. CDC recognized. Blood Pressure classes also available.	1600 Medical Parkway, Carson City 89702	775-445-8607	https://www.carsontahoe.com/diabetes.html ; https://www.carsontahoe.com/careharmony.html		
Northern Nevada Dream Center	Food Assistance		Drive-up food pantry open the first and third Friday from 1:00-3:30 PM. In some cases, delivery options are also available to those who are home bound or without transportation	3579 Highway 50 East #211, Carson City, NV 89701	775-443-4090	https://nndreamcenter.org/food-pantry/	Susan Sorenson, Director	info@nndreamcenter.org
FISH (Friends In Service Helping)	Food Assistance		Food Pantry available - need to call to be assessed for eligibility	138 E. Long St. Carson City, NV 89706	775-882-3474	https://nvfish.com/services		
Diabetes Program by Nevada Urban Indians Inc.	Diabetes Self-Management Education and Support	Medical Nutrition Thereapy	Health & nutrition education, nutritional counseling with a RD, cooking classes, disease management and diabetes self-management group classes.	236 Winnie Ln. Carson City, NV 89706	775-788-7600	https://www.nevadaurbanindians.org/contact-2		

Nevada Department of Health and Human Services	Food Assistance		The Supplemental Nutrition Assistance Program (SNAP) (formerly Food Stamps) helps low-income people and families buy the food they need for good health.	2533 North Carson St.	775-684-0800	https://dwss.nv.gov/SNAP/Food/		
Sierra Dietetics	Medical Nutrition Therapy		Nutritional management of chronic diseases and adult weight management program for those who have diabetes or renal disease. Must have Medicare to cover Medical nutrition therapy.	302 N Minnesota St. Carson City, NV 89703	775-884-0544	https://www.findhelp.org/		