

# Las Vegas Paiute Tribe Health & Wellness Center



# Our Location

**Location:** Las Vegas, Nevada

The Las Vegas Paiute Tribe Health and Wellness Center is located at **1279 Paiute Circle Las Vegas, NV 89106** in the heart of downtown Las Vegas.

The nearest food source is within 2 miles in any direction.



# Our Mission and Vision

*Embracing a Holistic Approach to Health*

At the Las Vegas Paiute Tribe Health and Wellness Center, we believe in nurturing the mind, body, and spirit through **integrative practices** that promote overall well-being, fostering a balanced and fulfilling lifestyle for everyone.



# Our Best Practice

- ***Diabetes-related education interventions***

Delivery of structured, evidence-based educational interventions addressing diabetes prevention, disease management, and lifestyle modification to support improved clinical and behavioral outcomes.

- ***Program reach and participant engagement metrics***

Documentation of the number and percentage of individuals within the defined target population who received diabetes-related education through group-based sessions or individualized encounters.

- ***Data collection, tracking, and analytics infrastructure***

Launch of our privately developed, innovative data tracking system to collect and analyze key metrics, enabling outcome monitoring, stratification of participant needs, and continuous program evaluation.

# Driven by Results: Our Commitment to Measurable Impact

## ***Key Responsibilities:***

- Develop, implement, and monitor individualized care plans for patients with diabetes.
- Provide education and support to patients and families on diabetes self-management, including blood sugar monitoring, medication adherence, nutrition, physical activity, and lifestyle modifications.
- Coordinate with physicians (MD, NP), registered dietitian (RDN), nurses, and other healthcare professionals to ensure continuity and quality of care.
- Organize and lead diabetes education classes, workshops, fitness and support groups.
- Track patient progress, identify barriers to care, and adjust care plans as needed.
- Stay up to date with current diabetes guidelines, treatments, and best practices.
- Assist in developing policies, protocols, and outreach programs related to diabetes prevention and management.

# Meet Our TEAM!

**Sidney “TY” Branch** SDPI Program Director

**Fantha Tate** SDPI Program Assistant

**Mandie Matheson** Registered Dietitian Nutritionist

**Courage Elkshoulder** Activities Coordinator

**Aliyah Ealy** Gym Attendant

**Carlos Arm** Gym Attendant



# Highlights of Our Wellness Center

## Fitness Area



## Gymnasium



## Teaching Kitchen



## Yoga Room

## Courtyard



# Fitness Center

Our **Personal Trainer** designs and delivers customized fitness programs tailored to each client's individual goals, fitness level, and health needs. They guide clients through safe and effective exercise routines, offering instruction, motivation, and ongoing support to help them achieve lasting results.

## ***Key Responsibilities:***

- Assess clients' fitness levels, goals, and any health considerations
- Develop and implement personalized workout plans
- Instruct clients on proper exercise techniques to ensure safety and maximize effectiveness
- Monitor progress and adjust programs as needed
- Provide motivation, accountability, and encouragement throughout the fitness journey
- Educate clients on healthy lifestyle habits, including nutrition and injury prevention
- Maintain a positive and professional environment during training sessions

Whether clients are looking to improve strength, lose weight, increase endurance, or enhance overall well-being, our personal trainer plays a key role in helping them reach their health and fitness goals safely and successfully.



# Corrective Exercise Training

Personal Training 1 on 1



HIIT Class

## Training to Help Reach Physical Goals

Our personal **training services** focus on individual needs, offering tailored exercise plans and one-on-one sessions. Our certified trainers are committed to helping you achieve your wellness goals, providing motivation, guidance, and support every step of the way toward a healthier lifestyle.

Large Group Training



# Las Vegas Paiute Tribe Hosts



Personal Training Certification



# Nutrition

Our **Registered Dietitian Nutritionist (RDN)** offers one-on-one nutrition counseling for individuals managing diabetes, heart disease, kidney disease, weight loss or gain, and other chronic health conditions. In addition to personalized guidance, the RDN also leads mini classes focused on healthy eating, overall lifestyle habits, and practical cooking tips to support long-term wellness.

## 1. Personalized Meal Planning

RDNs develop individualized meal plans tailored to each person's unique needs, preferences, activity level, and health conditions. These plans support effective blood sugar control and overall well-being.

## 2. Blood Sugar Management

RDNs educate patients on how various foods affect blood glucose levels and teach strategies for building balanced meals that help prevent spikes and maintain stable blood sugar.

## 3. Carbohydrate Counting

A key skill for diabetes management, carbohydrate counting is taught by RDNs to help patients monitor intake and make appropriate food choices to better regulate their blood sugar.

## 4. Preventing Complications

By supporting healthy blood sugar and blood pressure levels, RDNs play a crucial role in reducing the risk of diabetes-related complications such as heart disease, kidney disease, and nerve damage.

## 5. Weight Management

RDNs assist individuals in achieving and maintaining a healthy weight—an essential component of diabetes care that significantly improves blood sugar control and overall health.

## 6. Education and Ongoing Support

RDNs provide continuous education and encouragement, empowering patients to make informed decisions about their diet and lifestyle. They help individuals adapt their strategies as their needs change.

## 7. Addressing Specific Challenges

From managing diabetes during illness or travel to understanding how stress impacts blood glucose, RDNs help patients navigate real-life situations that affect their condition.

## 8. Collaborative Care

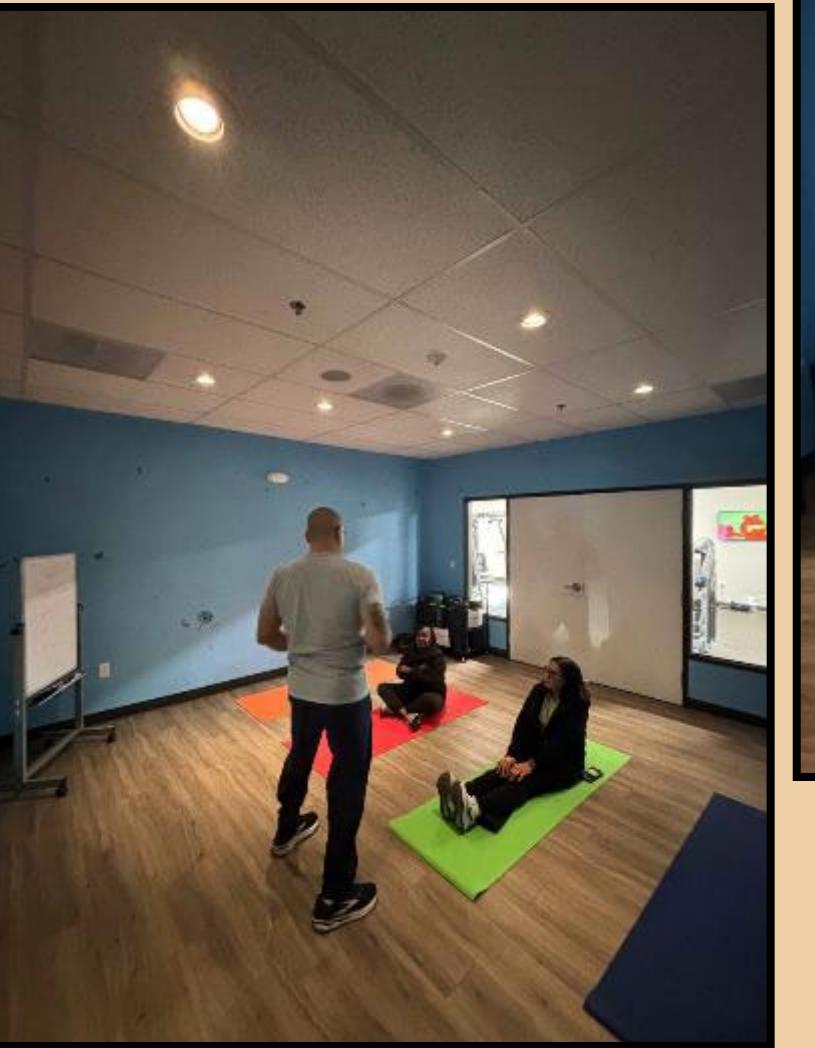
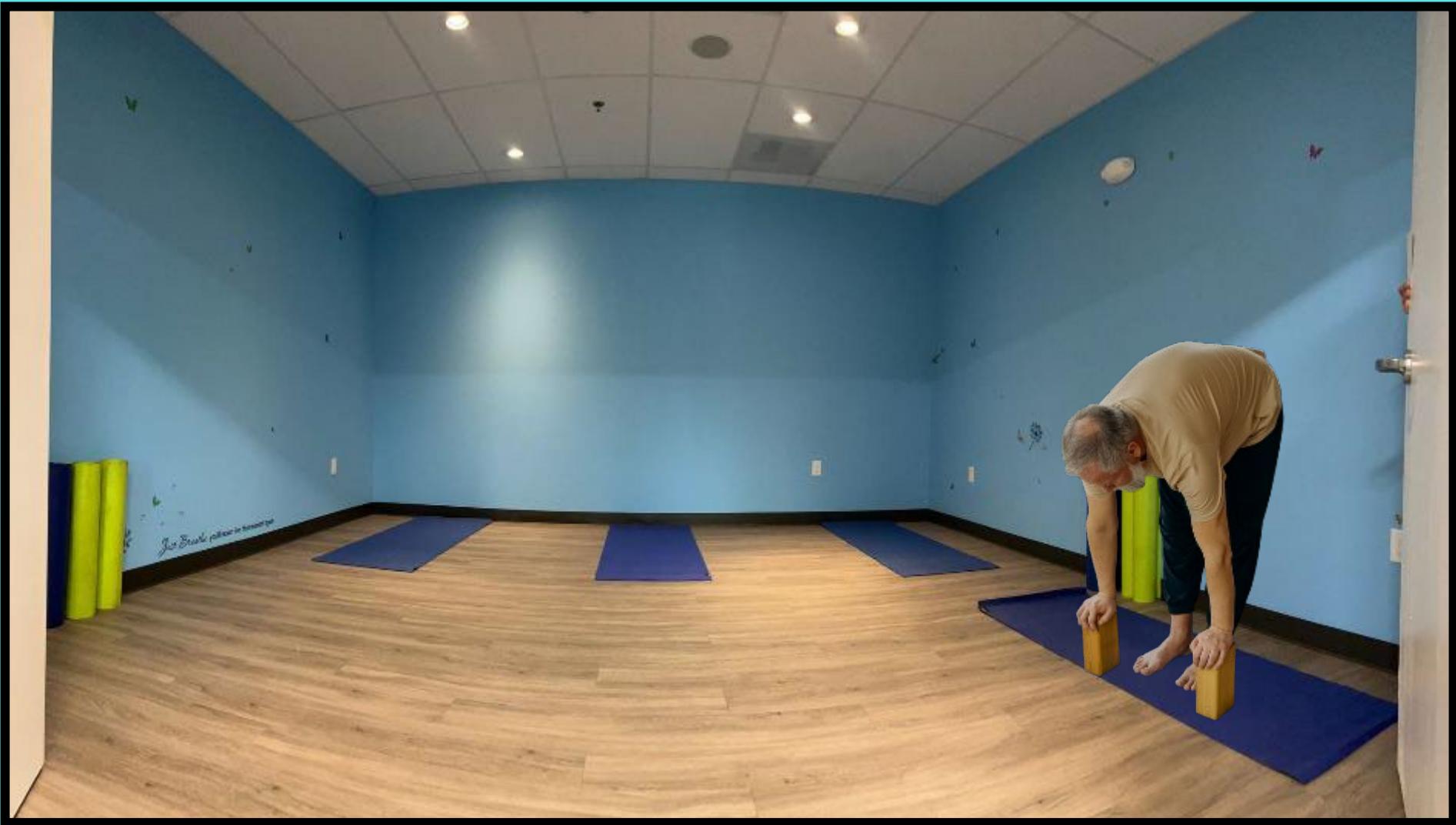
RDNs work closely with physicians, diabetes educators, and other healthcare professionals to provide coordinated and comprehensive care, ensuring each patient receives the best support possible.





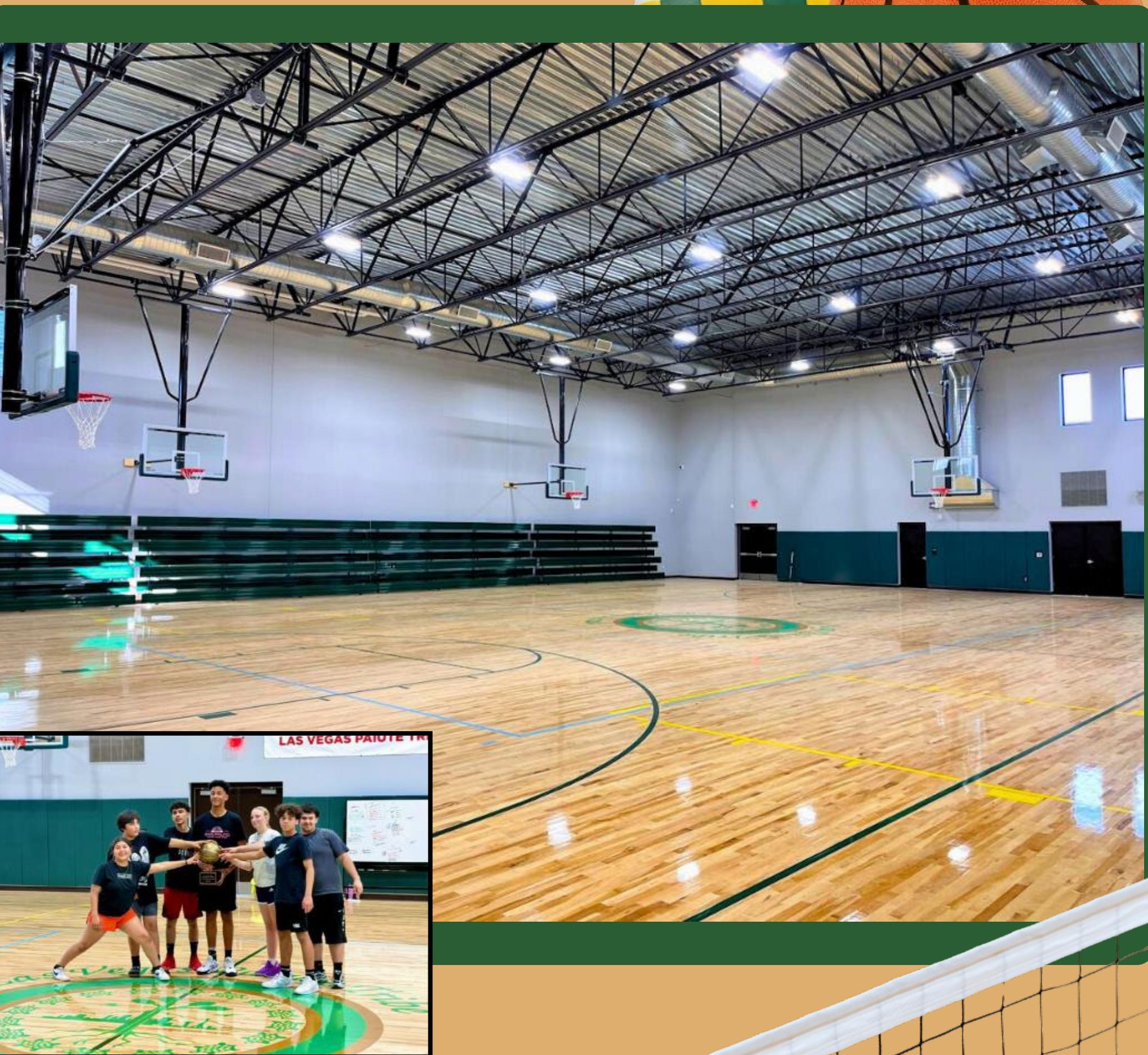
Mindfulness & Relaxation

# Zen Yoga Room



# Gymnasium

Our new state of the art **Gymnasium** is a definite highlight at our facility. A full Basketball court as well as Volleyball court. This space is a fun area with multiuse. Outfitted with a beautiful custom painted Las Vegas Nevada Paiute Tribe logo that completes the beauty and brings a special touch to this amazing gathering space!



# Courtyard

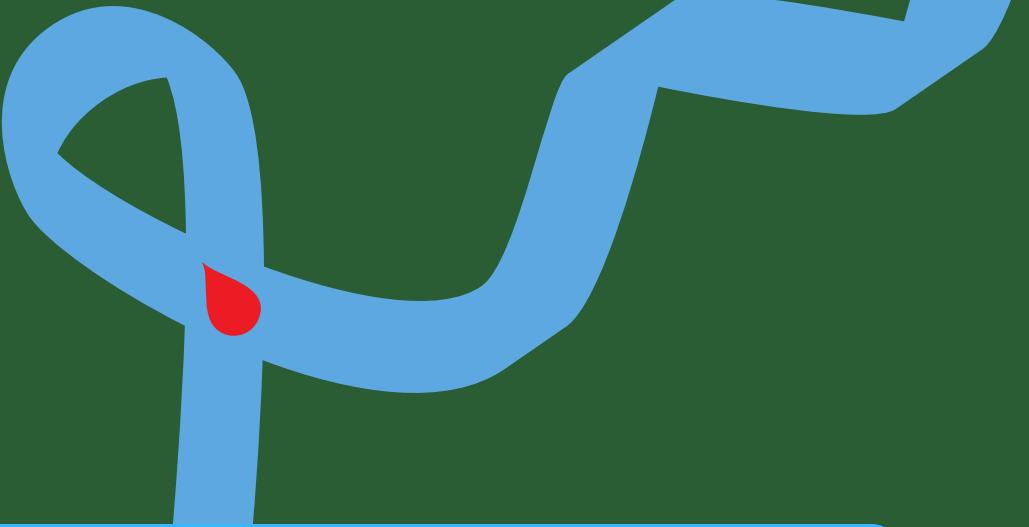


## Circuit Training & HIIT Classes

The courtyard offers a versatile open-air space for fitness classes and seasonal events. During warmer months, outdoor movement enhances both physical engagement and overall well-being, providing a refreshing environment that fosters community while reconnecting the body with its natural surroundings.



# Contact Us



## Email

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## Social Media

 SDPI Las Vegas

## Phone

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