

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)



Developed by the University of Illinois, Chicago, DEEP is a **FREE** licensed diabetes self-management education program that teaches people with diabetes how to control the disease and prevent its complications.

Join us to learn about:

- Diabetes risk factors
- Complications
- Nutrition
- Physical activity
- Use of glucose meter and medications
- Building partnership with a diabetes healthcare team
- Psychological effects of illness

The Diabetes Management workshop happens once a week for six weeks.
Each session is two hours long.



Thursday, Sept. 24-Oct 29, 2020

10:00AM-12:00PM

Virtual Class-Via ZOOM

To register, or for more information on upcoming class dates and times and to find out if this class is right for you call, (559) 244-4544.