

Diabetes Empowerment Education Program

DEEP Workshop

Do you or someone you love have diabetes or is at-risk for diabetes? This a 2 hour class for **6 six weeks** that encourages lifestyle change while learning about your diabetes and the way it affects your health.

When: Every Thursday

October 5—November 9

Where: Community Room

Time: 2pm-4pm

Cost: Free \$0

For more information or to sign up please contact :

Healthy Traditions at 707-521-4502



****Space is limited****

D.E.E.P. is a six-week curriculum which covers the following topics:

- ◆ Diabetes risk factors
- ◆ Complications
- ◆ Nutrition
- ◆ Physical activity
- ◆ Home glucose monitoring
- ◆ Partnerships with healthcare team
- ◆ Psychosocial effects of illness
- ◆ Problem-solving strategies
- ◆ Access community resources

Educational Gifts!



This workshop will be presented by :

Andre Maldonado
DEEP Peer Educator

and



Jennifer Burnett, RN
Registered Nurse &
DEEP Peer Educator

Diabetes

