



# DEEP

## DIABETES EMPOWERMENT EDUCATION PROGRAM TAKE CHARGE OF YOUR HEALTH

The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care. Classes are one day a week for six weeks.

### PROGRAM DETAILS

**FREE** to all community members

Space is limited! Sign up today for our next class starting Wednesday, June 18<sup>th</sup> from 5:30 PM to 7:30 PM at the Public Health Conference Room (810 S. Main Street, Yreka, CA)

### PROGRAM GOALS

- Improve and maintain the quality of life of persons with pre-diabetes and existing diabetes
- Prevent complications and incapacities
- Improve eating habits and help maintain adequate nutrition
- Increase physical activity
- Develop self-care skills
- Improve the relationship between patients and health care providers utilizing available resources

### ELIGIBILITY

- At risk for diabetes
- Have been diagnosed with pre-diabetes
- Are diagnosed with Type 2 Diabetes
- Are helping a family member or friend manage their diabetes

### TO REGISTER

Contact Scott Schoonover: 530-841-2169 or [saschoonover@co.siskiyou.ca.us](mailto:saschoonover@co.siskiyou.ca.us)

