



Learn through:
Demonstrations
Role play
Games
And other engaging activities!

LET'S GO DEEP!

DIABETES EMPOWERMENT EDUCATION PROGRAM

This is a FREE 6-week program designed to help you learn and develop the skills to help you manage your diabetes.

APRIL SESSIONS:

STARTS: MONDAY, 4/26/21 TO 5/31/21

Join us for an introductory session on 4/19/21

Meets Every Monday at 6:30 PM, via Zoom

Use link to register: <http://bit.ly/AprilDEEP9934>

Meeting ID: 895 1234 9934 | Passcode: 4DEEP

Topics Include:

- Understanding the Human Body & Risk Factors for Diabetes
- COVID-19 & Diabetes
- Monitoring the Body & Exercising with Diabetes
- Emotional Health & Stress Management for Diabetes
- Preventing Diabetes Complications
- Nutrition Education & Meal Planning
- Learning about Medications & Medical Care

For more information, contact:
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