



Diabetes Empowerment Education Program™

Taking Control of Diabetes

The Diabetes Empowerment Education Program, also known as DEEP™, is a free educational series designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care.

You'll learn about:

- How the human body works
- How to avoid the risk factors for diabetes
- Monitoring glucose levels and other symptoms
- Tips for adding more physical activity and movement to your day
- Planning your meals to improve eating habits and maintaining good nutrition
- Identifying and preventing diabetes complications
- Diabetes medications and tips for communicating with your health care team
- Managing stress and involving your family and friends in your lifestyle changes to manage diabetes

July 14, 2022 – August 18, 2022

Classes are FREE and take place every Thursday for six weeks.

10:00am-12:00pm

**Location: Perry County Senior Center
520 St Street
New Lexington, Ohio 43764**

Registration is required for this free class.

Two ways to register:

- 1) Call Leslie at (740)-541-2714
- 2) E-Mail sclark@centralstate.edu

Questions? Contact:

Melody McCleese at mmccleese@centralstate.edu
Beverly Farmer at bfarmer@centralstate.edu



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