



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



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

May 5, 2022 - June 23, 2022

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

10:00am-12:00pm

Location: Mt. Perry Presbyterian Church
13099 Church Street
Mt. Perry, Ohio 43760



Registration is required for this free class.

Three ways to register:

- 1) Register online: <https://bit.ly/perrycodeep>
- 2) Scan QR Code OR
- 3) Call Leslie at (740)-541-2714



Questions? Contact:

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