



## 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

**October 5, 2022- November 23, 2022**

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

**10:30am-12:30pm**

**For all other class dates**

**Location: Somerset-Perry County District Library**  
117 W Main St.  
Somerset, OH 43783

**Registration is required for this free class.**

### Two ways to register:

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



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture