



## 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 14-28, 2022 – August 11-25, 2022**

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

**\*\*July 14<sup>th</sup> class will take place from 1:00pm-3:00pm\*\***

**10:00am-12:00pm**  
**For all other class dates**

**Location: Perry County Senior Center**  
**520 1<sup>st</sup> 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](mailto:sclark@centralstate.edu)**



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture