

There is still time to sign up!

# Diabetes

## Self-Management Workshop

Do you or someone you love have diabetes? The *Diabetes Empowerment Education Program™ (DEEP™)* is an evidence-based diabetes education program for people with diabetes or pre-diabetes. DEEP encourages lifestyle changes while learning about your diabetes and the way it affects your quality of life.

### Workshop Details

- DEEP sessions are interactive and involve demonstrations, role play, games, and other engaging activities for group learning
- Six 2-hour weekly sessions
- No cost to participate

### DEEP topics

- Understanding the human body
- Diabetes risk factors and complications
- Nutrition education and meal planning
- Medications and accessing your health team



### Please join us if you are:

- An adult with diabetes or prediabetes
- A caregiver for someone with diabetes

**When:** Thursdays, Oct 5th - Nov 9th,  
10:00 am to 12:00 pm

**Where:** Connecting Point  
208 Sutton Way, Grass Valley

**To Register:** Call Karen at  
530-274-5601 or register online at  
[www.connectingpoint.org/events](http://www.connectingpoint.org/events).

