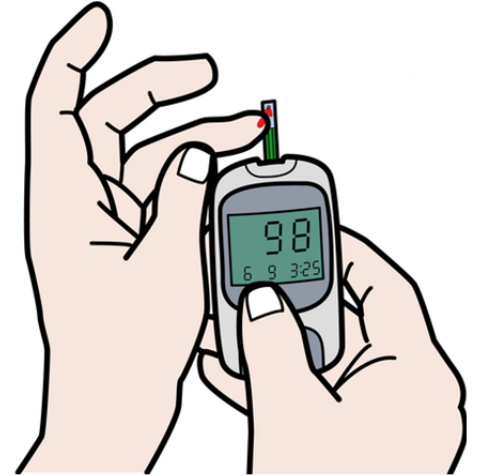


Diabetes Empowerment Education Program™ (DEEP)



Are you living with diabetes or pre-diabetes?
Join us for some DEEP conversation about
small lifestyle changes that can help you
manage your condition better!

This FREE workshop is open to anyone 60 or older who is on Medicare or Medicare/Medicaid. Over the six-week workshop, participants will meet for two hours each week and discuss the following modules:

- Module 1. Beginning Sessions & Understanding the Human Body
- Module 2. Understanding Risk Factors for Diabetes
- Module 3. Monitoring Your Body
- Module 4. Get Up and Move! Diabetes & Physical Activity
- Module 5. Management of Diabetes Through Meal Planning
- Module 6. Diabetes Complications: Identification and Prevention
- Module 7. Learning about Medications & Medical Care
- Module 8. Living with Diabetes: Mobilizing Your Family and Friends

Interested in having DEEP in your community?

Call the Area Agency on Aging District 7 (AAA7) toll-free at 1-800-582-7277, ext. 247 or 284 or e-mail info@aaa7.org to learn more about our class schedule or to express your interest in participating.

*DEEP is brought to you by the
Area Agency on Aging District 7 and
the Ohio Department of Aging.*



Ohio

Department of
Aging