

## Diabetes Empowerment Education Program (DEEP<sup>SM</sup>)

### Everyone with Diabetes Counts

Do you have diabetes or pre-diabetes? The DEEP<sup>SM</sup> workshop series encourages lifestyle changes while learning about diabetes/prediabetes and the way it impacts your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today.



#### Please join us if you:

- Are 60 years of age or older
- Have diabetes or prediabetes

#### Program Information:

- Six weekly virtual workshops (**must attend all six sessions**)
- Each workshop is two hours
- No cost to participate

#### 2020 Dates and Time:

Thursdays

**October 15, 22, 29 November 5, 12, 19**

**2:30-4:30 p.m.**

#### Location:

**Virtual**

To register or for more information call Mills-Peninsula Senior Focus at 650-696-7663.

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