Everyone with Diabetes Counts

Do you have diabetes or pre-diabetes? The DEEP 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.

*Funding provided by Mills-Peninsula Senior Focus, San Mateo County Aging and Adult Services. DEEP is an evidence-based program developed by the University of Illinois, Chicago, Midwest Latino Health Research, Training and Policy Center.*