

Diabetes Empowerment Education Program (DEEP™)

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:

Wednesdays

August 5, 12, 19, 26 September 2, 9
9:00-11:00 a.m.

Location:

Virtual Webex Workshop Series

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.