

FREE Diabetes Self-Management Workshop

Do you have diabetes or pre-diabetes?

Join us for a FREE workshop!

DEEP: Diabetes Empowerment Education Program

This six-week workshop will focus on:

- Your body and diabetes
- Monitoring your blood sugar
- How to eat healthy
- Get your body moving more
- Managing medications
- Identify and help prevent complications

Each session covers a new topic. Sign up today and mark your calendars to attend all six sessions.

DEEP Workshop Schedule:

The following Wednesday's from 10:00-11:30 a.m.

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| ✓ September 12th | ✓ October 3rd |
| ✓ September 19th | ✓ October 10th |
| ✓ September 26th | ✓ October 17th |



LOCATION:

David City
Senior Center
592 D St.

No Registration Required

If you need more
information call
Dee at
(402) 476-2886

