



Community-based Prediabetes/Diabetes Self-Management Workshop Series

Do you have prediabetes or diabetes? The Diabetes Empowerment Education Program (DEEP™) is evidence-based and uses an interactive, hands-on, visual approach to learning. DEEP™ encourages healthy lifestyle behavior change, while learning about prediabetes/diabetes and the way it impacts your overall health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today.

Please join us if you:

- Have prediabetes or diabetes

Program Information:

- Six weekly workshops (**must attend all six sessions**)
- Each workshop is two hours
- No cost to participate
- Doctor's order not required
- Registration required
- In-person workshops

2024 Dates: May 22, 29 & June 5, 12, 19, 26 (Wednesdays)

Time: 10:00 am-noon

**Location: Dignity Health Medical Group
1301 Shoreway Road, Suite 100
Belmont, CA 94002**

To register or for more information, call Sequoia Health and Wellness Center, Community Health Educator, Janel Jurosky, RN at (650) 367-5101.