



## Diabetes/Prediabetes Self-Management Workshop Series

Do you have diabetes or prediabetes? The Diabetes Empowerment Education Program (DEEP™) is evidence-based and uses an interactive, hands-on, visual approach to learning. DEEP™ encourages lifestyle changes while learning about diabetes 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:

- Have diabetes or prediabetes

Program Information:

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

### 2023 DEEP™

Dates: Thursday, February 16, 23 March 2, 9, 16, 23

Time: 10 am to noon

Location: Sequoia Hospital Health & Wellness Center  
749 Brewster Avenue  
Redwood City, CA 94063

**To register, call (650) 367-5101.**

Receive a \$10 Target gift card when you complete the program

# Health & Wellness Center

Conveniently located in downtown Redwood City

Open Monday—Friday, 9 a.m. to 4:30 p.m.

**749 Brewster Avenue  
Redwood City, CA 94063  
650.367.5998**

## Directions

### From Sequoia Hospital

- Take Whipple Ave heading east
- Turn right onto El Camino Real / CA-82
- Turn left onto Brewster Ave

### Heading South on 101

- US-101 toward San Jose
- Take the exit toward Whipple Ave / Redwood City
- Stay straight to go onto Veterans Blvd
- Turn right onto Brewster Ave

### Heading North on 101

- US-101 toward San Francisco
- Take the Whipple Ave exit
- Turn left onto Whipple Ave
- Turn left onto Veterans Blvd
- Turn right onto Brewster Ave

### SamTrans/Caltrain

- Information line: 1.800.660.4287

