

# TAKE CONTROL OF YOUR HEALTH

# Diabetes

## Workshop Schedule

Davis Family YMCA

45 McClurg Road,  
Boardman

Begins March 14 from  
1:30-3:30 PM

Workshop consist of 6  
weekly sessions ending  
on April 18, 2017

*Call 330-270-2855  
Ext 109 for more  
information or to  
register for the free  
workshop!*



**Public Health**  
Prevent. Promote. Protect.

**Mahoning County  
District Board of Health**

Mahoning County District Board of Health  
50 Westchester Drive  
Austintown, OH 44515  
info@mahoninghealth.org



The Diabetes Empowerment Education Program (DEEP) is for individuals with type 1 or type 2 diabetes, or pre-diabetes. The workshop encourages small lifestyle changes while learning about diabetes and the way it affects ones health. DEEP consist of six interactive 2-hour small group sessions which allow you to have fun with others while learning how to self-manage diabetes.

**These classes are for you if you:**

- Have diabetes or pre-diabetes
- Are 60 years of age or older
- Have Medicare or Medicare/Medicaid



**EDC**  
Everyone with Diabetes Counts