

TAKE CONTROL OF YOUR HEALTH

Diabetes

Workshop Schedule

Jewish Community
Center

505 Gypsy Lane
Youngstown, OH 44504

Begins Wednesday,
January 23, 2019
11:00 AM - 1:00 PM

Workshop consists of 6
weekly sessions ending
on February 27, 2019

*Call 330-270-2855,
extension 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 program encourages small lifestyle changes while learning about diabetes and the way it affects health. DEEP consists of six interactive 2-hour small group sessions which allow you to have fun with others while learning how to self-manage diabetes.

The workshop is for you if you:

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



Everyone with Diabetes Counts