

# TAKE CONTROL OF YOUR HEALTH

# Diabetes

## Workshop Schedule

Davis Family YMCA

45 McClurg Road  
Boardman, OH 44512

Begins Tuesday,  
February 19, 2019  
5:30 PM to 7:30 PM

Workshop consists of 6  
weekly sessions ending  
on March 26, 2019

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



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



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

Mahoning County  
District Board of Health

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Everyone with Diabetes Counts