

NEWS RELEASE

FOR IMMEDIATE RELEASE DATE: February 8, 2018	Contact: Tracy Styka
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Mahoning County District Board of Health is offering the Diabetes Empowerment Education Program (DEEP)

The Mahoning County District Board of Health is sponsoring the Diabetes Empowerment Education Program (DEEP). DEEP is for individuals with type 1, type 2 diabetes, or pre-diabetes. The program encourages small lifestyle changes while learning about diabetes and the way it affects health. DEEP is an interactive small group workshop that takes place once a week for six weeks.

The following workshops are offered:

- Mondays beginning March 5 (workshop consist of 6 weekly sessions ending on Monday April 9) at the Austintown Senior Center from 1 PM to 3 PM
- Mondays beginning April 2 (workshop consist of 6 weekly sessions ending on Monday May 7) at the Davis Family YMCA in Boardman from 2 PM to 4 PM (Y membership not required)

The program is free, but registration is required. For more information or to register, please call 330-270-2855 ext. 109.

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