

# NEWS RELEASE

<b>FOR IMMEDIATE RELEASE</b> <b>DATE:</b> November 1, 2017	<b>Contact:</b> Tracy Styka
	<b>Title:</b> Community Health Education Specialist
	<b>Phone:</b> 330-270-2855 ext. 109
	<b>Email:</b> <a href="mailto:tstyka@mahoninghealth.org">tstyka@mahoninghealth.org</a>

## 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 classes are being offered:

- Wednesday, November 8 to Wednesday, December 20 at the Central YMCA in Youngstown from 10 AM to 12 PM (Y membership not required)
- Thursday, November 9 to Thursday, December 21 at the McGuffey Centre in Youngstown from 10 AM to 12 PM
- Wednesday, January 3, 2018 to Wednesday, February 7 at the Jewish Community Center, Youngstown from 11 AM to 1 PM
- Tuesday, January 16, 2018 to Tuesday, February 20 at Davis Family YMCA in Boardman from 10 AM to 12 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.

###

