



# NEWS RELEASE



<b>FOR IMMEDIATE RELEASE</b> <b>DATE:</b> June 6, 2018	<b>Contact:</b> 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 workshop is offered:

- Wednesdays beginning July 11 (workshop consists of 6 weekly sessions ending on Wednesday, August 15) at the Mahoning County District Board of Health in Austintown from 5:30 PM to 7:30 PM

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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