

TAKE CHARGE OF YOUR DIABETES

Diabetes Empowerment Education Program (DEEP)

Are you living with diabetes or pre-diabetes?

Join us for a class that gives you the tools to take charge:

- Learn how to prevent or manage diabetes.
- Interactive visual demonstrations.
- In-depth discussions and visual demonstrations of complications with diabetes.
- Discover easy-to-understand ways to control your blood sugar.



The Area Agency on Aging District 7 (AAA7) is happy to sponsor a class near you!

Classes are FREE and meet once a week for six weeks.

For more information about joining us at an upcoming class or scheduling a class in your community, call the AAA7 at:

1-800-582-7277

extension 247 or 284

or e-mail info@aaa7.org

