

This FREE workshop will teach you practical skills on managing your diabetes. It will give you the confidence and motivation you need to manage the challenges of living with a chronic health condition.

Participants in DEEP learn how to effectively set goals and conquer barriers to reaching their goals. Participants in DEEP have FUN while they learn!

Diabetes Empowerment Education Program (DEEP) is a licensed diabetes self-management education (DSME) curriculum developed by the University of Illinois, Chicago.



110 W. 7th Street, Suite 200
Tulsa, OK 74119
918.592.1235



A voluntary donation of \$2.00 per class is suggested, but not required.

A portion of the project costs are met by state and federal Older Americans Act funds from INCOG Area Agency on Aging and OKDHS-Aging Services. Ability Resources makes no distinctions on the grounds of race, color, sex, age, ancestry, national origin, religion, or disability.

DEEP

Diabetes Empowerment Education Program



What is a DEEP workshop?

- Six weekly classes
- 2 hours per class
- No cost to attend
- Classes are interactive and involve group activities, demonstrations, and role playing

Come learn how to:

- increase your knowledge of diabetes and its risk factors
- reduce diabetes complications and risk factors, including obesity, hypertension, and tobacco use
- better manage other chronic diseases by improving blood glucose control
- increase self-monitoring skills
- eat healthier
- make and follow a reasonable exercise plan
- manage stress
- use medications appropriately
- prevent foot problems

Overview of DEEP Class Topics:

- Understanding the Human Body
- Understanding the Risk Factors for Diabetes
- Monitoring Your Body
- Get Up and Move! Physical Activity and Diabetes
- Controlling Diabetes Through Nutrition
- Diabetes Complications: Identification and Prevention
- Learning About Medications and Medical Care
- Living with Chronic Disease: Mobilizing Family and Friends

