

## Diabetes Empowerment Education Program (DEEP™)

### Everyone with Diabetes Counts

Do you have diabetes or pre-diabetes? The DEEP™ workshop series encourages lifestyle changes while learning about diabetes and the way it impacts your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today.



#### Please join us if you:

- Are 60 years of age or older
- Have diabetes or prediabetes

#### Program Information:

- Six weekly workshops (**must attend all six sessions**)
- Each workshop is two hours
- No cost to participate

#### 2019 Dates and Times:

Wednesdays  
March 6, 13, 20, 27 April 3, 10  
9:30 –11:30 a.m.

#### Location:

Mills-Peninsula Senior Focus  
1720 El Camino Real, Suite 10  
Burlingame, California 94010

**To register or for more information, call Mills-Peninsula Senior Focus Program at 650-696-7663.**

*Funding provided by Mills-Peninsula Senior Focus, San Mateo County Aging and Adult Services. Sponsored by Health Services Advisory Group.*