



Take care of yourself and take charge of your diabetes

Our **free** Diabetes Empowerment Education Program can help you:

- Understand how diabetes works
- Identify and prevent diabetic complications
- Learn strategies to monitor, manage and control diabetes
- Plan meals with foods you like and need
- Realize how physical activity helps control diabetes

Belleview Community Center
5615 SE 110th Pl.
Belleview, FL 34420

This is a six-week class that will meet on the following dates:
April 12, 19, 26
May 3, 10, 17
5–7 p.m.

Space is limited

To register or for more information, contact Melissa Marino:
Melissa.Marino@FLHealth.gov
352-644-2624



Diabetes Empowerment Education Program

DOH-Marion's **Diabetes Empowerment Education Program** uses a curriculum created by the University of Illinois–Chicago. DEEP empowers communities with vital knowledge of self-care to reduce diabetes-related complications, such as kidney failure, amputation, vision loss, heart failure, and stroke.

The material is taught in 6 weekly 2-hour sessions. The 8 learning modules include:

- Understanding the Human Body
- Risk Factors
- Blood Glucose Monitoring
- Physical Activity
- Management Through Meal Planning
- Complications
- Medications and Medical Care
- Mobilizing Your Family and Friends

DEEP has shown to improve outcomes for individuals in the following areas:

- A1C levels and systolic blood pressure
- Diabetes knowledge and risk factors
- Physical activity
- Following a healthy eating plan
- Foot care
- Glucose self-monitoring
- Medication adherence
- Confidence in self-care
- Psychological effects of the illness

Those who should attend include people with diabetes or at high risk of developing diabetes, as well as caregivers, family and friends of diabetics. Spanish interpretation is available for non-English speakers.

For more information, contact Melissa Marino:
Melissa.Marino@FLHealth.gov
352-644-2624