



Northern Valley Indian Health

Your Health. Our Mission.

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DEEP[™]

Diabetes Empowerment Education Program[™]

Do you or someone you love have diabetes?

Diabetes Empowerment Education Program encourages lifestyle changes while learning about your diabetes and the way it affects your health.

Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

The main goals of DEEP[™] are:

- ▶ To improve and maintain the quality of life of persons with diabetes.
- ▶ To prevent complications & incapacities.
- ▶ To improve eating habits and maintain adequate nutrition.
- ▶ To increase physical activity.
- ▶ To develop self-care skills.
- ▶ To improve the relationship between patients and health care providers.
- ▶ To utilize the available resources.

Limited to 20 Participants
MUST RSVP BY JUNE 15

DATES & TIME:

June 21, 28

July 5, 12, 19, 26

1:00 PM- 3:30 PM

LOCATION:

Northern Valley Indian Health
175 W. Court Street
Woodland, CA 95695

For more information or to reserve your spot for the workshop, please call our **Outreach Department 530-661-4400 Ext: 3494.**