



Northern Valley Indian Health

Your Health. Our Mission.

www.NVIH.org



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 15 Participants

**MUST RSVP BY
June 14th, 2019**

DATES & TIME:

**June 21st, 28th
July 5th, 12th, 19th, 26th
10:00am-12:00pm**

LOCATION:

***Northern Valley Indian Health
207 N. Butte Street
Willows, CA 95988***

For more information or to reserve your spot for the workshop,
please call our **Community Health department 530-934-5431**