



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 12 Participants
Please arrive 15 minutes early

DATES & TIME:
September 4, 11, 18, 25
October 2, 9
1:30-3:30pm

LOCATION:
Northern Valley Indian Health
207 N. Butte St.
Willows, CA

For more information or for transportation,
please call our **Community Health Department 530-934-5431**