

Diabetes Empowerment Education Program™

DEEP™ Class Information

RECEIVE A

**\$100
Gift Card***

Program Overview

Taking an active role in your health is a step toward a healthier and happier life. We believe that the more you know about your condition, the better able you are at making lifestyle changes and decisions that will improve your health. That's why we are offering our **Diabetes Empowerment Education Program (DEEP™)**, especially designed with you in mind.

DEEP™ is a Medicare-approved, evidence-based diabetes self-management program for people with **prediabetes or diabetes**.

The no-cost program – which runs for six weeks – provides you with information and practical skills to help you manage your diabetes.

The DEEP™ classes are highly interactive, fun, and presented in a supportive group environment.



"I just completed your six-week Diabetes Empowerment Education Program (DEEP™) and wanted to thank you sincerely for the wonderful program. It was very well organized and educational. I learned so many tips that I use every day as I make decisions during my shopping and cooking. The information has been so valuable to me, and it has been a memorable class that I will not forget."

- Tamara, member

DEEP™ workshop topics:

- ✓ Understanding the human body
- ✓ Knowing risk factors and complications of diabetes
- ✓ Eating healthy and meal planning
- ✓ Working with your doctors
- ✓ Losing weight
- ✓ Managing medications
- ✓ Being physically active
- ✓ Finding community resources
- ✓ Every day tips!

*Members on Medicare or 65+ who participate in all six sessions will receive a **\$100 gift card**. All other members (all ages) will receive a **\$40 gift card**. Non-members who are on Medicare or are 65+ are eligible to receive a **\$40 gift card**. Eligibility will be verified. You are encouraged to bring one guest.

Please see reverse side for class locations and times. →



Bellflower

July 25 - August 29

Six consecutive Wednesdays
1:00 p.m. - 3:00 p.m.
Bellflower Fellowship Manor
9550 Oak St.
Bellflower, 90706

Burbank

August 8 - September 12

Six consecutive Wednesdays
10:00 a.m. - 12:00 p.m.
Lakeside Community Healthcare
191 S. Buena Vista St., Ste. 250
Burbank, 91505
Free parking with validation

Garden Grove

July 11 - August 15

Six consecutive Wednesdays
10:00 a.m. - 12:00 p.m.
Office of Dr. Julie Hwynn
12555 Garden Grove Blvd., Ste. 301
Garden Grove, 92843
7861 Garden Grove Blvd.
Garden Grove, 92843
(Presented in Vietnamese)

Glendale

August 7 - September 11

Six consecutive Tuesdays
9:00 a.m. - 11:00 a.m.
Lakeside Community Healthcare
1500 S. Central Ave., Ste. 200A
Glendale, 91204
Free parking with validation

Hemet

August 2 - September 6

Six consecutive Thursdays
10:00 a.m. - 12:00 p.m.
Rancho Family Medical Group
3853 W. Stetson Ave.
Hemet, 92545

Mission Hills

August 15 - September 19

Six consecutive Wednesdays
5:15 p.m. - 7:15 p.m.
Lakeside Community Healthcare
14901 Rinaldi St., Ste. 201
Mission Hills, 91345
Free parking with validation

Monterey Park

July 10 - August 14

Six consecutive Tuesdays
1:00 p.m. - 3:00 p.m.
Langley Senior Center
400 W. Emerson Ave.
Monterey Park, 91754
(Presented in Mandarin)

Reseda

August 13 - September 24

Six consecutive Mondays
10:00 a.m. - 12:00 p.m.
ONE Generation
18255 Victory Blvd.
Reseda, 91335
(No class on September 3)

Thousand Oaks

August 6 - September 17

Six consecutive Mondays
6:00 p.m. - 8:00 p.m.
Lakeside Community Healthcare
612 E. Janss Rd.
Thousand Oaks, 91360
(No class on September 3)

West Covina

August 21 - September 25

Six consecutive Tuesdays
10:00 a.m. - 12:00 p.m.
Lakeside Community Healthcare
1500 W. West Covina Pkwy.
West Covina, 91790
Second floor conference room

West Hills

August 7 - September 11

Six consecutive Tuesdays
6:00 p.m. - 8:00 p.m.
Lakeside Community Healthcare
7325 Medical Center Dr., Ste. 300
West Hills, 91307

Support for these workshops is provided by Health Services Advisory Group (HSAG), California's Medicare Quality Innovation Network-Quality Improvement Organization, as part of the Centers for Medicare & Medicaid Services (CMS) Everyone with Diabetes Counts initiative.

The Everyone with Diabetes Counts initiative is a program that encourages lifestyle changes while learning about your diabetes and the way it affects your health.



To reserve your space for all six sessions, or for more information, call **(888) 227-3463** or visit us online at HealthyWayEvents.com