

Diabetes Empowerment Education Program: DEEP (Facilitated by Esperança)



This is a six-week program. The objective is to provide education to help prevent further diabetes complications through self-management.



Topics:

- Learn about the human anatomy
- Understand diabetes
- Learn about symptoms and risk factors
- Controlling diabetes through nutrition
- Learn the health benefits of physical activity and stress management
- Knowledge in medication management

SEPTEMBER 30TH - NOVEMBER 11TH

**EVERY WEDNESDAY
4:00PM - 5:00PM**

**LIVE VIRTUAL SERIES VIA ZOOM
FOR MORE INFORMATION PLEASE CONTACT
ALEXIA VEGA AT (602)675-2593**



Register TODAY with:

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