

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)



EVIDENCE-BASED CLASSES

6 Week Series

This course, based on research conducted at University of Illinois at Chicago, is designed for anyone living with or caring for someone with diabetes or pre-diabetes. Designed to teach practical skills to improve diet, exercise, self-care, and reduce complications while ensuring a happier, healthier life. Also available in Spanish.

May 22nd - June 26th
Tuesdays
2:00 - 4:00pm

Camarillo Health Care District
3639 E Las Posas Rd.
Bldg. E, Suite 117
Camarillo, CA 93010

No Charge

Register (805) 388-1952 x100



Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition

The Diabetes Empowerment Education Program DEEP/Workshop@2012, UIC-Midwest latino health Research, Training and Policy Center. All rights reserved. This program may only be used or reproduced by organizations with permission from UIC-Midwest Latino Health Research, Training and Policy Center.

