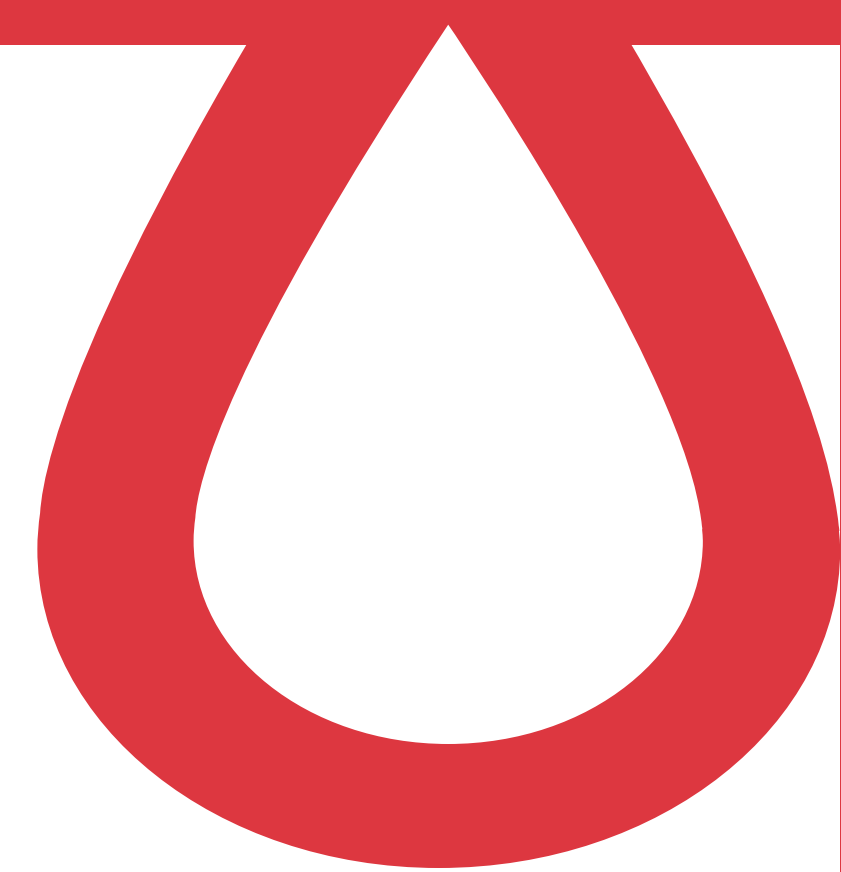


DEEP Class Schedule

Classes are taught in six consecutive weeks. Modules 1 & 2 are taught together and modules 4 & 8 are taught together.



Module 1: Understanding the Human Body

Module 2: Understanding the Risk Factors

Module 3: Monitoring Your Body

Module 4: Physical Activity

Module 5: Nutrition

Module 6: Diabetes Complications

Module 7: Medications & Medical Care

Module 8: Mobilizing Your Family/Friends

