

DEEP Classes

Have Type 2 Diabetes?
Care for someone with Diabetes?



If you are interested in learning more about diabetes, its effects and how to manage it, you are encouraged to attend!

Diabetes Empowerment Education Program (DEEP) is designed for people living with type 2 diabetes and their loved ones. DEEP is a series of six 90-minute classes. Classes cover nutrition, physical activity, diabetes complications, learning about medications, monitoring your body and mobilizing your family and friends.

Participation is FREE! Snacks provided.
Graduation (for those who attend at least 5 classes) on the last day of class.

Who: Persons with Diabetes. Family and Friends.

Where: To be determined

When: Rolling dates. If you are interested, sign up online and we will notify you of the next class date and location.



RSVP online at
www.GreatPlainsFoodBank.org
or call 701-232-6219

