



# DEEP:

## Diabetes Education Empowerment Program

THURSDAYS, BEGINNING February 14, 2019 ♦ 10AM-11:30AM ♦ THE SEQUOIA ROOM



Join us to learn more about how to protect yourself from the harmful effects of diabetes and hypertension!

Participants who attend every class will graduate with a certificate.

Lunch is provided. Pre-registration is REQUIRED.

2019 DATES
Thursday, Feb. 14, 2019
Thursday, Feb. 21, 2019
Thursday, Feb. 28, 2019
Thursday, March 07, 2019
Thursday, March 14, 2019
Thursday, March 21, 2019

FOR MORE INFORMATION,  
CONTACT Myrna Monroe, CHW  
(916) 341-0576 ext. 2236

