



Community-based Prediabetes/Diabetes Self-Management Workshop Series

Do you have diabetes or prediabetes? The Diabetes Empowerment Education Program (DEEP™) is evidence-based and uses an interactive, hands-on, visual approach to learning. DEEP™ encourages healthy lifestyle behavior change, while learning about prediabetes/diabetes and the way it impacts your overall health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today.

Please join us if you:

- Have prediabetes or diabetes

Program Information:

- Six weekly workshops (must attend all six sessions)
- Each workshop is two hours
- No cost to participate
- Doctor's order not required
- In-person workshops
- Registration required

2025: Mondays & Wednesdays: February 3, 5, 10, 12, 19, 24

Time: 10:00 am-noon

**Location: Sequoia Hospital Health & Wellness Center
749 Brewster Avenue
Redwood City, CA 94063**

To register or for more information, call Sequoia Health and Wellness Center, Community Health Educator, Janel Jurosky at (650) 367-5101.