



Diabetes

Self-management Program

5245 Ingram Rd
Forest Hills Library

DEEP is a multi-cultural, bilingual, diabetes self-management education (DSME) curriculum that successfully helps many community participants take control of their diabetes and reduce their risk of complications.



Topics covered include:

- Managing symptoms
- Exercise for strength and energy
- Medication use
- Working with your doctor

To register call or email

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For more information scan the QR code:

