



# Diabetes

## Self-management Program

Mondays & Wednesdays

Starting June 15th 12:00 p.m. - 1:00 p.m

This is a Virtual Workshop for COSA Employees

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 email

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