



DEEP

Diabetes Empowerment Education Program

Wichita Falls -Wichita County Public Health District

This 9 week program will provide you or your family member who has been diagnosed with type 2 diabetes with the tools to better manage diabetes.

9 week program

Session Topics include:

- Understanding the Human Body
- Risk Factors
- Blood Glucose Monitoring
- Physical Activity
- Diabetes Management Through Meal Planning
- Diabetes Complications
- Medications and Medical Care
- Mobilizing Your Family and Friends

**FREE & OPEN
to the PUBLIC!**
Space is limited.

CLASS INFORMATION

To REGISTER

Contact Patricia Trejo
at 940 -761- 7975 or register online at
health.wichitafallstx.gov

Classes will be held at the
Wichita Falls-Wichita County
Public Health District
1700 Third ST, Wichita Falls, TX 76301
Enter by blue door awning, East parking lot.

This program is taught by a trained health educator and is sponsored by the Texas Department of State Health Services- Health Promotion and Chronic Disease Prevention Section.