

THE AUSTIN/TRAVIS COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT

brings free diabetes education classes to you!

Schedule your series now, before our calendar fills up!



DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

DEEP is a 6-class series of 90-minute classes for people with diabetes.

We provide classes at your site, free.

Class 1: Diabetes Overview

Class 2: Management, Monitoring, and Medications

Class 3: Diabetes Control and Exercise

Class 4: Diabetes Control and Nutrition Management

Class 5: Complications and Prevention

Class 6: Communication with Health Care Team

Free weight, blood pressure, and waist circumference measures are taken in the first and last class. Door prizes!

- **To schedule DEEP classes in English**, or refer your English-speaking clientele, contact Sabrina McCarty at 512-972-5463 or by email at sabrina.mccarty@austintexas.gov.
- **To schedule DEEP classes in Spanish**, or refer your Spanish-speaking clientele, contact Stephanie Helfman at 512-972-6764 or by email at stephanie.helfman@austintexas.gov.

Free classes are provided through the Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program.