

# DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

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Are you or is someone you know on Medicare and living with diabetes? Developed at the University of Illinois at Chicago, the Diabetes Empowerment Education Program is a free six-week workshop series that is evidence based.

Meet others going through similar experiences and learn about diabetes and its risks, preventing complications, healthy eating, exercise, medication management, dealing with stress and depression, action planning, and much more. Graduates from this program have lost weight, improved eating habits, started walking, and gotten their blood sugar levels under control.

Complimentary healthy snacks and literature provided.

*PRESENTED BY HEALTHCARE QUALITY STRATEGIES*

*Register online or by calling Hazlet Library at*

**732 - 264 - 7164**



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**Monday, September 10 - October 22, 2018 | 1:30 - 3:30 pm**

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**HAZLET TOWNSHIP PUBLIC LIBRARY**

*A Branch of The Monmouth County Library System*

251 Middle Road, Hazlet, NJ 07730 - 732-264-7164 - [www.monmouthcountylib.org](http://www.monmouthcountylib.org)