



TAKE CARE OF YOURSELF AND TAKE CONTROL OF YOUR DIABETES!

Join us for our FREE Diabetes Empowerment Education Program (DEEP) classes where you will learn about diabetes and how to:

- Identify and prevent diabetes complications
- Manage, monitor and control diabetes
- Plan meals with foods you like and need
- Manage diabetes through physical activities



Scan the QR code or visit
<https://tinyurl.com/SutterDeep>
to find the most up to date
information on DEEP class schedules.



Interested in hosting a class series?
Contact the Health Education unit at
(530) 822-7215 to coordinate.

For more information email
HealthEducation@co.sutter.ca.us
or call (530) 822-7215

