FOR IMMEDIATE RELEASE
Contact: Shannon Lands, PIO
419.213.4143
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Health Department to Teach Diabetes Self-Management Program

The Toledo-Lucas County Health Department is pleased to announce a new nationally recognized, evidenced-based program for older adults. The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care. Classes last a total of six weeks, providing participants with eight unique learning modules.

Location:

Beginning Thursday, February 22, 2018
Chet Zablocki Senior Center
3015 Lagrange Street
Toledo, OH 43608
12:30 p.m.-Registration
1:00 p.m. – 3:00 p.m. every Thursday through 6 sessions.

Goals of the DEEP™ curriculum include:

• Improving and maintaining the quality of life of persons with pre-diabetes and existing diabetes
• Preventing complications and incapacities
• Improving eating habits and maintaining adequate nutrition
• Increasing physical activity
• Developing self-care skills
• Improving the relationship between patients and health care providers
• Utilizing available resources

This program is funded by the Area Office on Aging of Northwest Ohio.

For additional information, please contact:
Rita Blasczyk, RN, MSN
60+ Program
419.392.4811

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