

What is **evidence-based** practice?

Use of current best evidence in making decisions about patient care.

What is **self-management**?

Taking responsibility for one's own health and well-being.



DEEP

Diabetes Empowerment Education Program



The workshop is **FREE** for all individuals

Thanks to our cosponsors:



City and County of San Francisco
Department of Aging and Adult Services



Midwest Latino Health
Research, Training
and Policy Center



ON LOK
where seniors embrace life

30th Street Senior Center

Accredited by the American Diabetes Association Certified Diabetes Self-Management Education.

What is DEEP?

An **evidence-based** diabetes **self-management** workshop

Who is DEEP for?

Individuals with **diabetes** or **pre-diabetes**.

Family, friends & caretakers are welcome.

How long is DEEP?

2 hour sessions
once a week
6 weeks

What languages is DEEP offered in?

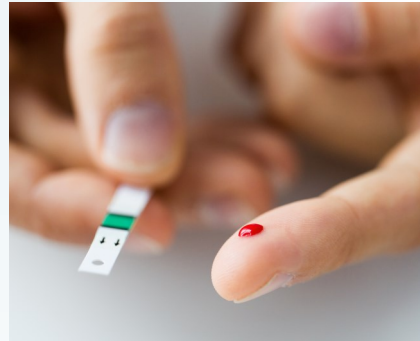
English, Spanish, &
Cantonese

What does the program cost?

FREE!

Donation to support this program is welcome, but no one is denied services regardless of donation.

Your health in your hands



Understand **diabetes**

Prevent **complications**

Monitor your body

Take your **medications**

Eat healthy & exercise

Manage **stress**

Build a **support system**



What makes DEEP special?

DEEP is **interactive** and **engaging**. Participants will have the opportunity to **share** their **experiences**, engage in **hands-on activities** and **problem solving**, and make **action plans** each week.



Contact the **Health Promotion Office** to sign up for a DEEP workshop that fits your schedule.

Daisy Jimenez

(415)-550-2257

djimenez@onlok.org