

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.



The workshop is **FREE** for all individuals

Thanks to our cosponsors:



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



DEEP

Diabetes Empowerment Education Program



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?

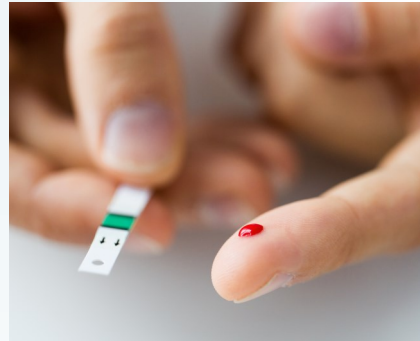
English, Spanish, &
Cantonese

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.

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