



UMPQUA HEALTH ALLIANCE

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

Umpqua Health Alliance is proud to offer the Diabetes Empowerment Education Program, or DEEP. The free six-week workshop helps people with diabetes live healthy lives. During weekly classes, participants will learn how to:

- Manage blood sugar
- Have a healthy diet
- Work with your healthcare team
- Set weekly goals
- Find support and community resources



Participants will receive free tools and resources. Friends and family are welcome!

Classes are starting soon! For more information or to sign up, contact Cady Lyon at (541) 464-4939 or calyon@umpquahealth.com

If you need another language, large print, Braille, CD, tape or another format, call Member Services at **(541) 229-4842** or TTY **(541) 440-6304**.

