



*D.E.E.P. is an evidence-based program that is participatory driven for people living with diabetes and their families to increase knowledge of diabetes and learn to self-manage.*

**VIRTUAL WITH ZOOM**

**TO VIEW ON-LINE VIRTUAL CLASS ON ZOOM , YOU MUST HAVE A SMART PHONE, TABLET, LAPTOP OR COMPUTER WITH CAMERA, SPEAKER AND INTERNET ACCESS.**

**January 6, 13, 20, 27**

**February 3, 10**

**2:00pm - 3:30pm**

**Registration Required for  
Zoom call: 501-623-0020 or e-mail:  
kathy@oaklawncenteronaging.com**

**BROUGHT TO YOU BY**

 **CHI St. Vincent**  
McAuley Senior Center