

Are You Ready to Take Charge of Your Diabetes?



Living with diabetes can be hard, and left unmanaged, diabetes can lead to other health problems.

Want to learn how you can control your diabetes, stay healthy and enjoy a full life with your loved ones? Peer-led educational programs in your community can help you.

In these **FREE** classes, you'll learn how to:

- Improve your quality of life
- Prevent serious complications and illnesses
- Improve your eating habits
- Increase your physical activity
- Develop skills to take care of yourself
- Improve your relationships with your health care providers
- Use the community resources available to you

Diabetes Empowerment Education Program (DEEP)

ARC of Anchorage Rec Center

2211 Arca Drive, Anchorage AK 99508

FREE

On Tuesdays: May 10 – June 28, 1:30 – 3:00 p.m.

Questions? Please register with Ann Lovejoy (alovejoy@mpqhf.org) or Cathy Colwell

(ccolwell@mpqhf.org) 907-561-3202