

# 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

## ***FREE ! Diabetes Empowerment Education Program (DEEP)***

**Anchorage Senior Activity Center**

**1300 E 19<sup>th</sup> Avenue**

**May 18-June 22, 2016**

**Wednesdays 10:00-11:45 a.m.**

Questions? Please contact Ann Lovejoy ([alovejoy@mpqhf.org](mailto:alovejoy@mpqhf.org)) or  
Cathy Colwell ([ccolwell@mpqhf.org](mailto:ccolwell@mpqhf.org)) 907-561-3202 or Carmen Montaña at 907-770-2000