



# 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!

**When:** Every Wednesday starting May 8 through June 11

**Time:** 2:00 pm — 4:30 pm

**Where:** Community Cancer Center Conference Room in Roseburg

**For information & to sign up contact Jamie Vanassche at 541-229-7002 or [jvanassche@umpquahealth.com](mailto:jvanassche@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.

