

Free Diabetes Education Seminar and Classes

Sponsored by SB Seniors and SB Health & Wellness, Funded By Medicare

Starting 1:30 Wed, Jan 17 in the MtView Ballroom West

The American Diabetes Association believes that 12 million Americans over age 65 have diabetes -- that's 25% or one in four of us! Medicare feels the problem is so great that it has funded a special free education program by certified trainers -- the **Diabetes Education Empowerment Program**, or "DEEP".

For SaddleBrooke residents who may be interested, there will be a 90 minute overview presentation at 1:30 on Wednesday, January 17 in the MountainView West Ballroom. The DEEP program itself consists of six weekly two hour classes limited to no more than 15 participants each to facilitate group discussion. There will be one morning (10:00 - 12:00) and one afternoon (1:30 - 3:30) class starting Wednesday, February 7 at MountainView (Cactus Room). The following weeks classes will meet on Wednesdays (in either the Cactus or nearby Saguaro Room), except for February 13 and March 13 when they will meet on Tuesday. You can sign up at the seminar January 17, or at any time by emailing the main presenter, Vivian H. Cullen, at vhcullenconsulting@gmail.com. Class size is limited by Medicare, so don't delay if you are interested.

To participate in the free classes, you must have diabetes, be on Medicare or Medicare Advantage, or provide care for someone with diabetes who is.

Class topics include what is diabetes, dietary concerns (can I still eat fruit?), and the importance of physical activity. There is also discussion of various diabetes medications plus "what you need to know" about your eyes, teeth, toes, and feet.

This is a great opportunity to learn more about how you can live better with diabetes. Don't miss it!