

Do you have diabetes?

FOR MORE INFORMATION:
Mark Gottlieb, Mountain Pacific Quality Health
(406) 457-5839 • mgottlieb@mpqhf.org

Managing Your Diabetes Is Possible. You Just Have to Learn How.

Every day, we make decisions that affect our health. What and how much we eat, exercise or even how much we worry can help or harm us—especially when living with diabetes.

Your doctor and other health care providers, like your certified diabetes educator, can coach you to live healthier with diabetes. But you should be the informed and engaged manager of your health care team. That means understanding how diabetes affects you and what you need to do to take control of your health.

FREE diabetes education classes can help you learn:

- How diabetes affects your body and your health
- Healthier eating, better food choices and portion sizes
- Benefits of physical activity
- Skills to take better care of yourself
- How to work with your health care providers to improve your health

The good news? There is help available.

The Diabetes Empowerment Education Program (DEEP)TM is a series of fun, interactive classes that help people with diabetes or pre-diabetes get the knowledge and skills they need to take control of their health. These classes are intended for Medicare beneficiaries, but all are welcome. They support (not replace) education from health care providers or certified diabetes educators and offer helpful ways to understand the benefits of healthy choices. If you attend one of these classes, provided materials and activities will

- help you build a solid understanding of how diabetes affects your body and your health;
- give you strategies for living sensibly and successfully, so you can manage your diabetes in a way that makes the most sense for you;
- offer hands-on activities and discussions about how to use measurement tools, like a blood sugar meter, and how to better understand and use test results from your providers;
- help you begin changing old habits into healthier ones;
- help you become an informed member of your health care team, as you work with your doctor, certified diabetes educator and other health care providers to improve your health.

DEEP classes run for six sessions at about two hours each, and every session is absolutely free.

Join us! Take advantage of one of these FREE classes!

1

Lewis & Clark Library
Wednesdays & Fridays
Sept. 9, 11, 16, 18, 23 & 25
2:00 – 4:00 PM

2

East Helena Senior Center/Fire Hall
Wednesdays
Oct. 7 – Nov. 18 (excluding Nov. 11)
10:00 AM – 12:00 NOON

