We hope everyone is having a great summer so far! We have received notice from the University of Illinois that there will be an updated Diabetes Empowerment Education Program (DEEP)™ curriculum released this month. We have not yet been told the official release date or what the changes to the curriculum will be, but when we know more, we will share that information with all our DEEP facilitators.

On August 9 and 10, Mountain-Pacific Quality Health will be hosting the 2017 Wyoming Quality Health Care Conference in Casper. Featured topics will include:

- antibiotic stewardship,
- chronic disease management,
- fall prevention,
- infection prevention and more!

If you would like to learn more, please visit the Wyoming Center of Aging’s conference webpage.

Once again, thank you for your continued efforts to improve the health of Wyoming’s diabetes patients!

Brandi Wahlen
Diabetes Project Manager
Stress is part of our daily lives and happens to all of us. The challenge is learning to manage stress and finding a balance between being motivated and not feeling overwhelmed.

Montana State University County Extension provides this MontGuide article entitled “Understanding and Managing Stress.” Learn about stress management, test your coping skills and share some strategies for reducing stress with your DEEP class participants.

Q: What is your background before becoming a DEEP™ facilitator?
A: I began my journey into health and fitness as a kiddo with a love of sports. I started college with the intention of becoming a Spanish teacher, but my love of helping others and health care won me over. I started my career as a personal trainer and group fitness instructor (for over 20 years now), and I am currently a phlebotomist/wellness tech and health coach for Campbell County Health Wellness. In my free time, I still love softball, volleyball and running half marathons with my family!

Q: What do you like most about being a DEEP facilitator?
A: I enjoy helping others to be better able and prepared to help themselves. I love learning and sharing my knowledge and seeing others do the same.

Q: What are some tips you have learned while facilitating DEEP that you would share with your fellow facilitators?
A: Allow conversations to flow and the participants to guide one another. So far, I have found the majority of our participants come from similar age groups and backgrounds. The participants do a great job of helping each other, advocating for each other and learning together.

Q: What have you heard from your participants about the DEEP class?
A: I have heard A LOT of appreciation! The participants were very thankful for the time and effort all our facilitators put into the DEEP course we offered, and they were working together to start a support group, so they could continue to meet after the class ended.