



Is getting control of your diabetes one of your new year's resolutions?

If so, we can help make 2017 the start to a healthier you!

Do you have diabetes or pre-diabetes (high blood sugar)?

Would you like to take charge of your health and get control of your diabetes?

Make the start of the new year the start to a new you with **FREE** classes!

JOIN US!

Mondays

**February 6, 13, 20 & 27
and March 6 & 13**

Glasgow Senior Center
5:30 p.m.

Glasgow, MT 59230

**To register, call
(406) 228-6241.**

What is the Diabetes Empowerment Education Program (DEEP)TM?

These fun, informative classes will help you:

- Better understand how diabetes affects your entire body
- Manage diabetes in a way that makes sense for you and your health goals
- Become an informed, empowered member of your health care team, as you continue to work with doctors, diabetes educators or other health care providers to maintain your health

These **FREE** classes are meant to support, not replace, professional diabetes self-management education. They are designed for people with Medicare, but anyone with diabetes or pre-diabetes is welcome to attend!

