



Caddo County Health Department

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DEEP Class in Anadarko

The Physicians' Hospital in Anadarko is partnering with the Caddo County Health Department to offer Diabetes Empowerment Education Program (DEEP) for those with diabetes and pre-diabetes. The Diabetes Empowerment Education Program (DEEP) is a program geared at teaching diabetes and pre-diabetes patients how to self-manage their care. The program was developed by the University of Illinois at Chicago. It has since been adopted by the Centers for Medicare to reach rural populations across the U.S.

The class will meet with participants once a week (2 hours each session) for 6 to 10 weeks to teach comprehensive, diabetic self-care for optimal health. The curriculum is designed to engage community residents in self-management practices for prevention and control of diabetes. These classes are fun and interactive with hands-on learning, tools, and information you can use at home. Each week, participants decide on one or more activities and actions they will individually complete for that week and then they share their experience with the group the following week. We all know the power of a great support team and this course helps develop the participants' team. The learner's family and loved ones are welcome and encouraged to attend.

This program will be held in The Physicians' Hospital in Anadarko conference room. It will begin on May 3, 2018 and end on July 5, 2018. The class starts at 1:30 pm and runs until 3:30 pm. A light snack and drink will be available. Anyone who is diagnosed with Diabetes or pre-diabetes is encouraged to attend. If you haven't been pre-registered by the Hospital, please contact:

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