



DALLAS COUNTY GOVERNMENT COMPLEX

10056 Marsh Lane, Suite B-1010
Dallas, TX 75229

Presents

Diabetes Education Awareness & Prevention (DEAP)

An education and awareness program designed primarily for, but not limited to, individuals and family members affected by diabetes. Although classes are tailored to help those affected manage their diabetes more effectively, they also target persons that might be predisposed to diabetes to help prevent its onset through lifestyle changes.

Participants will complete six lessons (2-3 lessons per session) which include pre and post evaluation and support material. Each lesson can be completed in approximately 1 hour. The presentation and materials are **free** and provided by Prairie View A&M / Cooperative Extension Program.

Lessons include:

- Understanding Diabetes;
- Controlling Diabetes;
- Controlling Diabetes Through Nutrition
focusing on LOW GLYCEMIC Eating that can help you lose (stomach) fat;
- Get Up & Move (Physical Activity & Diabetes);
- Medication Management; and
- Identifying Complications of Diabetes

Classes will be held from 10:00 – 11:30 a.m. on 3 consecutive Wednesdays;
(May 18, 25, & June 1, 2011) at 10056 Marsh Lane, B-101, Dallas, TX 75229.

Call 214-904-3050 to register.

