

Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) is an ongoing education curriculum designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care.



Program Goals

- Improving and maintaining quality of life
- Preventing complications
- Improving eating habits and eating healthy
- Increasing physical activity
- Developing self-care skills
- Improving the relationships between patients and health care providers
- Utilizing available resources

Free Virtual Community Program
Wednesdays at 2:00 pm

Register at The Gateway Family YMCA
tgfymca.org

Guest Speakers

Wednesday, November 4 | 2:00 pm

Matthew R. Hosler, MD, PhD

Associated Eye Physicians & Surgeons of NJ
1530 St. Georges Ave, Rahway, NJ 07065

Dr Hosler will discuss how diabetes affects the eye, how to prevent eye problems and how good nutrition and glucose control helps, followed by some Q&A!

Wednesday, November 18 | 2:00 pm

RWJUH Rahway Registered Dietitian
Lindsay Whelan, MS, RD

Lindsay Whelan will discuss snacking, comfort eating and more.

Let us answer your questions.



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