

Free Diabetes Classes Offered At McDowell Senior Center

1. Do you have Medicare?
2. Do you have diabetes?
3. Do you want to take control of your diabetes?

If you answered yes to any of these questions, a free diabetes program will be held here at **McDowell Senior Center**.

In the Diabetes Empowerment Education Program (DEEP), seniors will meet on **Tuesdays** for six weeks to complete this free, interactive, hands-on program. It will help seniors work with their health care providers and take control of their diabetes through nutrition, exercise, stress management, and goal setting.

Uncontrolled diabetes increases the risk of complications such as blindness, kidney disease, and amputations, so take control of your health now!

Classes will be offered at **McDowell Senior Center** from 9:30am-11:30am

Tuesday, October 25 – First Day of Class

Tuesday, November 1

Tuesday, November 8

Tuesday, November 15

Tuesday, November 22

Tuesday, November 29 – Graduation

Family members, caregivers and friends are welcome to attend – there is no charge for anyone. To gain the most from the program, attendance at every session is highly encouraged.

To register, stop by the front desk at the McDowell Senior Center, or call 659-0821.

The program is offered by Alliant Quality, the Medicare Quality Innovation Network - Quality Improvement Organization (QIN-QIO) for Georgia and North Carolina.