

# Diabetes Empowerment Education Program (DEEP)



Do you or someone you love have Diabetes? Everyone with Diabetes Count is a free program that encourages lifestyle changes that helps you learn how to control your diabetes and how you can prevent it! NEMS is partnering with On Lok 30th Street Senior Center to provide this free program that is very informative and interactive with fun activities to help you along the way! Please sign up for this course if you want to be healthier and more energetic!

**\*\*This program is not a replacement for clinical care. Participants should continue to seek medical help and adhere to medical treatment plan.**

## Six Weekly Workshops

Each Class is 2 Hours

### Please join us if you:

- Are 65 of age or older
- Have diabetes or pre-diabetes
- Want to grow your knowledge about diabetes

### Topics will include:

- What is Diabetes?
- Diet and Exercise
- Managing Diabetes and Preventing Complications
- Things you must know about the eyes, teeth, and feet
- Preventing Diabetes

### Detailed Information

- Language:** Cantonese, Mandarin
- Date:** 9/5/2024 - 10/10/2024 (Every Thursday)
- Time:** 9:30 am - 11:30 am
- Location:** 369 Broadway Street  
San Francisco, CA 94133



**FREE**

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



Contact Health Education:  
(415) 391-9686 ext. 5843 | [WWW.NEMS.ORG](http://WWW.NEMS.ORG)

a californihealth<sup>+</sup>center

# 糖尿病 慢性疾病 自我管理



您或您的親人患有糖尿病嗎？Everyone with Diabetes Count是一個免費課程，鼓勵改變生活方式，並幫助您學習如何管理和預防糖尿病！東北醫療中心與 On Lok 30 街長者中心攜手合作開辦這個免費課程，將透過互動活動及有趣遊戲，為您提供非常豐富的資訊。如果您想變得更健康、更有活力，請報名參加！

**\*\*本課程不可代替醫療照顧。**

參加者仍應繼續接受診療，並遵循醫療服務提供者的指示。

六次小型的課程

每堂課為2小時

## 詳細資料

**語言：** 粵語及國語

**日期：** 9/5/2024 - 10/10/2024 (逢星期四)

**時間：** 上午 9 時半 至 上午 11 時半

**地點：** 三藩市百老匯街369號 (余河小學對面)



免費  
參加

## 歡迎您參加！如果您...

- 是65歲或以上。
- 患有糖尿病或前期糖尿病。
- 希望增加對糖尿病的知識!

## 本課程的主題包括：

- 什麼是糖尿病？
- 飲食與運動
- 如何管理及避免併發症
- 了解糖尿病如何影響眼睛、牙齒與腳
- 預防糖尿病

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**NORTH EAST  
MEDICAL SERVICES**  
東北醫療中心

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