

# Diabetes Education Empowerment Program (DEEP) Class Schedule



## Virtual Class Information

*At BayCare, your health is our number one priority. In order to reduce the risks of COVID-19, we have made all classes online. Until further notice, as you register for classes, your facilitator should be reaching out individually step-by-step instructions on how to attend each virtual class.*

**Tuesdays, January 5-February 9**  
6-8pm

Sponsored by Healthy St. Pete

**Thursdays, January 7-February 11**  
4-6pm

Sponsored by BayCare  
**Clase en español**

**Wednesdays, February 3-March 10**  
6-8pm

Sponsored by BayCare

**Fridays, February 26-April 2**  
3-5pm

Sponsored by BayCare

**Tuesdays, March 2-April 6**  
2-4pm

Sponsored by Healthy St. Pete

**Mondays, March 29-May 3**  
6-8pm

Sponsored by BayCare

**Tuesdays, May 4-June 8**  
6-8pm

Sponsored by Healthy St. Pete

**Registration is required. To enroll in this program or for more info, email [GetHealthy@baycare.org](mailto:GetHealthy@baycare.org) or call (727) 467-4991.**

The Diabetes Education Empowerment Program (DEEP) is a free program accredited by the National American Association of Diabetes Educators and managed by certified educators in diabetes. This six-week class teaches you how to manage diabetes through lifestyle changes including better nutrition and physical activity. The goal of the DEEP program is to empower you to take charge of your diabetes, avoid complications from the disease and improve self-management skills.

### Who can attend?

Anyone with type 2 diabetes. Individuals with prediabetes are also welcome. Attendees must be age 18 or older.

### How often does this class meet?

Six-week program, once a week (2-hour classes)

