

Diabetes Education Empowerment Program (DEEP) Class Schedule



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)



Virtual Class Information

At BayCare, your health is our number one priority. In order to reduce the risks of COVID-19, we have made many 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.

Wednesdays, June 2-July 7

6-8pm

Sponsored by BayCare

Mondays, June 7-July 12

6-8pm

Sponsored by BayCare

Tuesdays, June 22-July 23

5-7pm

Sponsored by BayCare

Tuesdays, July 6-August 10

2-4pm

Sponsored by Healthy St. Pete

Wednesdays, August 11-September 15

3-5pm

Sponsored by BayCare

Mondays, August 16-September 20

3-5pm

Sponsored by BayCare

Registration is required. To enroll in this program, email GetHealthy@baycare.org or call (727) 467-4991.