



# NEWS RELEASE



<b>FOR IMMEDIATE RELEASE</b> <b>DATE:</b> January 7, 2019	<b>Contact:</b> Tracy Styka
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## Mahoning County District Board of Health is offering **FREE** Diabetes Empowerment Education Programs

The Mahoning County District Board of Health is sponsoring the Diabetes Empowerment Education Program (DEEP) for individuals with type 1, type 2 diabetes, or pre-diabetes. The program encourages small lifestyle changes while learning about diabetes and the way it affects health. DEEP is an interactive small group workshop that takes place once a week for six weeks.

The following workshops are being offered:

- Wednesdays from 11:00 AM – 1:00 PM January 23 through February 27 at the Jewish Community Center of Youngstown
- Tuesdays from 5:30 PM – 7:30 PM February 19 through March 26 at the Davis Family YMCA in Boardman

The program is free, but registration is required. For more information or to register, please call 330-270-2855 ext. 109.

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