



# NEWS RELEASE

Central State University  
College Of Engineering, Science, Technology, And Agriculture  
937-376-6677

For Immediate Release

Media Contact: Gretchen Rives

(937) 376-6264

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## CSU Extension offers free diabetes education classes in multiple locations

**WILBERFORCE, OH** --- Learn simple lifestyle changes that can prevent serious health concerns by enrolling in Central State University Extension's free Diabetes Empowerment Education Program (DEEP) series of classes that are offered in numerous locations for the convenience of participants.

The Diabetes Empowerment Education Program is series of six classes conducted by Central State University Extension (CSUE) and community partners. All classes will be conducted virtually during the COVID-19 pandemic and will resume as in-person classes when safety permits.

This program, says CSUE Family and Consumer Program Leader/EFNEP Coordinator Mary Kershaw, Ph.D., was designed for adults interested in learning ways to manage their pre-diabetes/diabetes.

The DEEP program will help manage health concerns associated with high blood sugar, she adds.

Participants attend one session per week for six weeks to participate in presentations, hands-on activities, and simple exercises. Participants will learn to manage their quality of life by preventing complications, developing self-care skills, as well as understanding and using available resources, Dr. Kershaw adds.

Participants in the series of classes will identify unhealthy habits and learn skills to live a healthier lifestyle; learn techniques to manage and prevent common diabetes complications, such as stress, nerve pain, heart disease, stroke, blindness, and kidney failure; as well as receive free educational materials to maintain lifestyle changes.

For more information or to register, contact Dr. Kershaw at [mhershaw@centralstate.edu](mailto:mhershaw@centralstate.edu) or call (937) 376-6654.

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