



# NEWS RELEASE

Central State University  
College Of Engineering, Science, Technology, And Agriculture  
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For Immediate Release

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## **CSU Extension offers free ---and virtual --- diabetes education class series**

**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 will be offered virtually from 4:30 to 6 p.m., Tuesday(s), April 13 to June 1, via Microsoft Teams.

The Diabetes Empowerment Education Program is a series of eight classes conducted by Central State University Extension (CSUE) and community partners. DEEP™ certified Central State University Extension educators will teach the classes.

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

Participants attend one session per week for eight 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.

Topics will include:

- Understanding the human body
- Diabetes risk factors and complications
- Nutrition education and meal planning
- Importance of physical activity
- Managing stress
- Diabetes medications

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 CSUE Family and Consumer Science Regional County Educator Renita Porter at [rporter@CentralState.edu](mailto:rporter@CentralState.edu) or CSUE Family and Consumer Regional County Educator Juliana Erwin at [jerwin@CentralState.edu](mailto:jerwin@CentralState.edu).

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