

Elena Ennis

Certified DEEP Peer Educator



Meet Your educator

Elena Ennis is certified by the University of Illinois Chicago as a DEEP™ (Diabetes Empowerment Education Program) Peer Educator and serves as a coach for Ridgecrest Regional Hospital's diabetes education program. Since 2021, she has taught DEEP™ classes and facilitated the monthly RRH Diabetes Support Group.

Elena is passionate about helping people with diabetes understand their blood glucose numbers and make small, sustainable lifestyle changes that support better health outcomes. She earned her bachelor's degree in Mathematics with a concentration in Probability and Statistics from California State University, Fresno.

A lifelong Ridgecrest resident, Elena was diagnosed with type 1 diabetes in 2014. Outside of coaching, she enjoys knitting, crocheting, spending time with her cats, and enjoying a Diet Coke.

About Deep Program

- 6 weekly sessions
 - 2 hours each
- Small-group, interactive format
- Certified peer-educator led
- 100% free to attend
- One complete course — no repeat sessions needed

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Phone
(760) 499-3825



Website
RRH.org/Diabetes