

Kara Olson

Certified DEEP Peer Educator



Meet Your educator

Kara L. Olson 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 2026, she has taught DEEP™ classes and helped facilitate the monthly RRH Diabetes Support Group.

Kara earned her bachelor's degree in Liberal Studies with a concentration in Early Childhood Education from California State University, Sacramento. With a background in education and personal experience living with type 2 diabetes since 2022, she is passionate about helping others navigate their diabetes journey with knowledge, support, and encouragement.

Outside of work, Kara is involved with the local Guide Dogs for the Blind puppy-raising club and enjoys supporting her three busy children in their many activities.

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