

Two reasons I find time to *Prevent Diabetes* ...my future and theirs.



My family means the world to me. That's why I'm making time to take care of my health.

I found out that having a family history of type 2 diabetes puts you at risk for the disease. But the good news is that you can prevent it. Take these small steps: lose a small amount of weight by making healthy food choices and getting 30 minutes of physical activity 5 days a week.

Talk to your health care professional about your risk for type 2 diabetes.

For free information about preventing type 2 diabetes, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

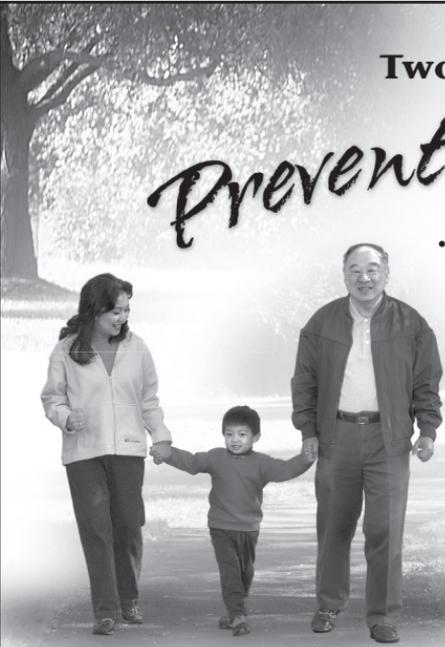


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A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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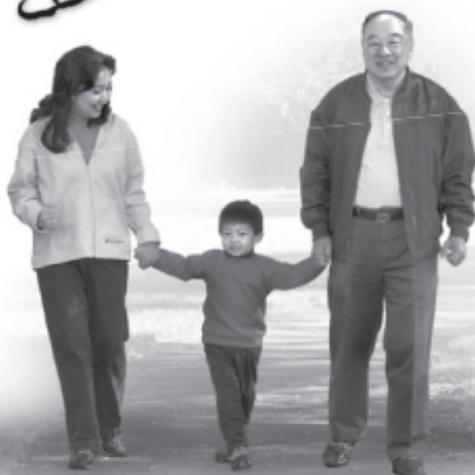


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