

The Turner Family
Grand Rapids, MI

Diabetes

runs in our family, so we are at risk.

That is why we are taking steps now to prevent it.

If you have a mother, father, brother or sister with type 2 diabetes, you are at risk. But there is good news — you can prevent or delay type 2 diabetes! Order a free booklet, *Your GAME PLAN to Prevent Type 2 Diabetes*, from the National Diabetes Education Program to learn more.

For more information, visit www.YourDiabetesInfo.org
or call **1-888-693-NDEP** (6337); TTY: 1-866-569-1162.

HHS' NDEP is jointly sponsored by NIH and CDC
with the support of more than 200 partner organizations.



Diabetes

runs in our family, so we are at risk.

That is why we are
taking steps now to **prevent it.**

If you have a mother, father, brother or sister with type 2 diabetes, you are at risk. But there is good news — you can prevent or delay type 2 diabetes! Order a free booklet, *Your GAME PLAN to Prevent Type 2 Diabetes*, from the National Diabetes Education Program to learn more.

For more information, visit www.YourDiabetesInfo.org
or call **1-888-693-NDEP** (6337); TTY: 1-866-569-1162.

HHS' NDEP is jointly sponsored by
NIH and CDC with the support of
more than 200 partner organizations.

