

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.

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