

Protect Your Body... Your Temple

GET THE NEWS ABOUT DIABETES

African-Americans are twice as likely to develop diabetes as whites.

The good news:

You can prevent or delay the onset of diabetes by:

- Losing just a little weight
- Increased physical activity (for 30 minutes a day, 5 days a week)
- A reduced fat and lower calorie diet.

Small Steps. Big Rewards!

**PROTECT YOURSELF AND YOUR
LOVED ONES... WITH
KNOWLEDGE & ACTION**



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