

IT'S NOT TOO LATE TO PREVENT DIABETES

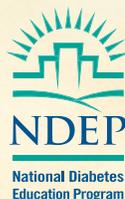


Take your first step today

If you have a family history of type 2 diabetes, you are at risk of the disease.

It's about small steps: Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

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



www.YourDiabetesInfo.org



IT'S NOT TOO LATE TO
**PREVENT
DIABETES**

Take Your First Step Today

A family history of type 2 diabetes increases your risk of the disease.

People over 60 can prevent or delay type 2 diabetes. Lose a small amount of weight by walking 30 minutes 5 days a week and eating healthy. Talk to your doctor about your risk for diabetes and the small steps you can take to prevent it.

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



www.YourDiabetesInfo.org

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



IT'S NOT TOO LATE TO

PREVENT DIABETES

Take Your First Step Today

A family history of type 2 diabetes puts you at risk for it. But people over 60 can prevent or delay diabetes by losing a small amount of weight.

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

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



www.YourDiabetesInfo.org



IT'S NOT TOO LATE TO
**PREVENT
DIABETES**

**Take Your First
Step Today**

**A family history of
type 2 diabetes increases
your risk of the disease.**

People over 60 can prevent
or delay type 2 diabetes. Lose
a small amount of weight by
walking 30 minutes
5 days a week and eating
healthy. Talk to your
doctor about your risk for
diabetes and the small steps
you can take to
prevent it.

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



www.YourDiabetesInfo.org

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

IT'S NOT TOO LATE TO
**PREVENT
DIABETES**

**Take Your First
Step Today**

**A family history of
type 2 diabetes** puts you
at risk for it. But people over
60 can prevent or delay
diabetes by losing a small
amount of weight.

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



www.YourDiabetesInfo.org

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