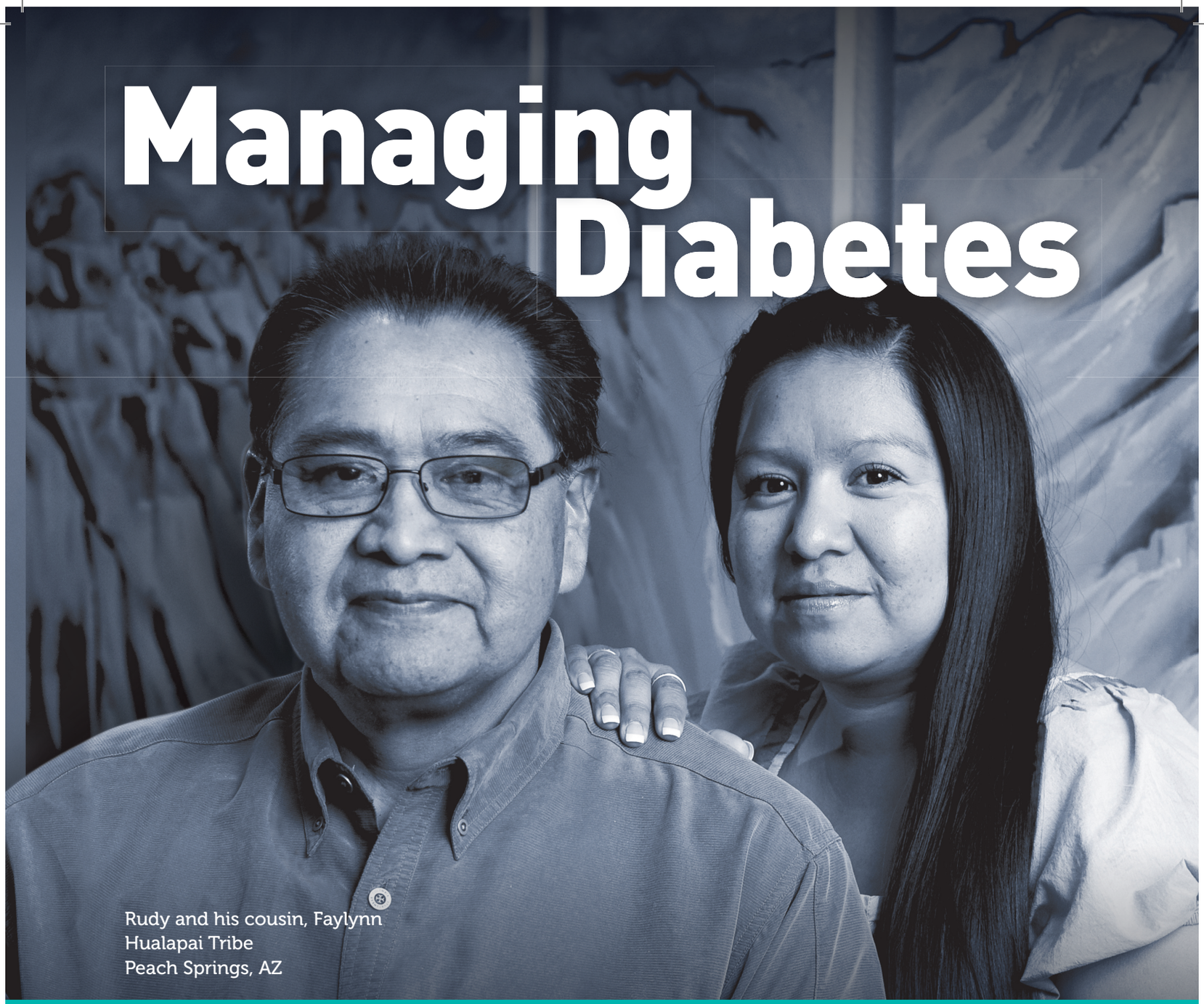
Managing Diabetes



Rudy and his cousin, Faylynn
Hualapai Tribe
Peach Springs, AZ

I made a plan. It wasn't easy, but I did it. So can you.

It's not easy, but it's worth it.

People who learn to manage their diabetes from the start have fewer health problems from diabetes years later. You can too. Learn how to better manage your diabetes. Order a free booklet, *4 Steps to Control Your Diabetes. For Life*. 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.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

NDEP
National Diabetes Education Program