

Managing Diabetes



Brenda and her husband, Javier
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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.

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