

November is — — Diabetes Awareness Month

You Got This! Whether it's preventing or managing diabetes – you can do it.

- ◆ Get regular blood screenings.
- ◆ Follow the advice of health professionals.
- ◆ Get moving, get active, get healthy.
- ◆ Make changes, one step at a time to help you maintain healthy blood sugar levels.



You can do this!

Visit: cdc.gov/diabetes/prevention/lcp-details.html