

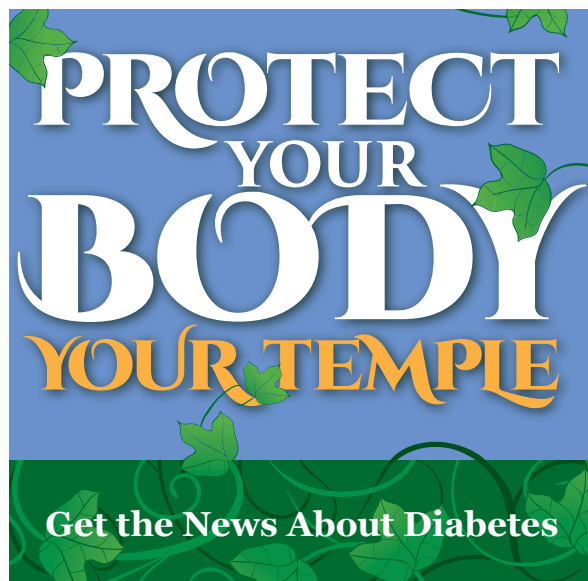
African-Americans are **twice as likely** to develop diabetes as whites.

The Good News

You can prevent or delay the onset of diabetes by:

- Losing just a little weight
- Increasing physical activity (for 30 minutes a day, five days a week)
- Eating a reduced fat and lower calorie diet

Small Steps. Big Rewards!



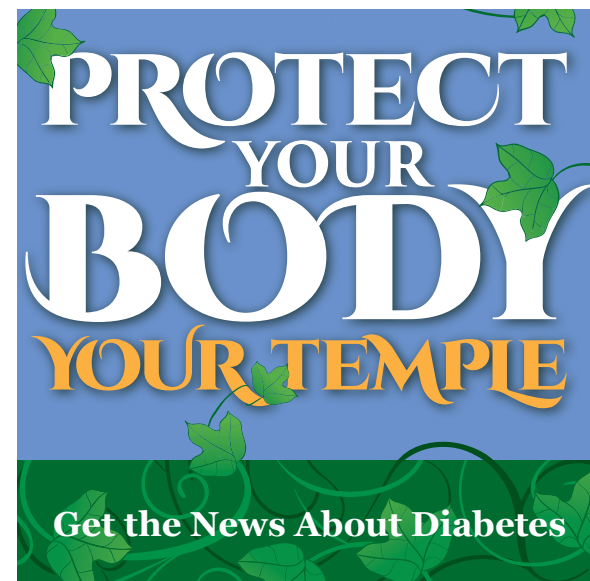
African-Americans are **twice as likely** to develop diabetes as whites.

The Good News

You can prevent or delay the onset of diabetes by:

- Losing just a little weight
- Increasing physical activity (for 30 minutes a day, five days a week)
- Eating a reduced fat and lower calorie diet

Small Steps. Big Rewards!



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
- Increasing physical activity (for 30 minutes a day, five days a week)
- Eating a reduced fat and lower calorie diet

Small Steps. Big Rewards!

Protect yourself and your loved ones with knowledge and action.



CR-006981 9/16

Protect yourself and your loved ones with knowledge and action.



CR-006981 9/16

Protect yourself and your loved ones with knowledge and action.



CR-006981 9/16