

Managing Diabetes

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. 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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