



HEALTHY LIVING ZONE AHEAD

Take the important steps to stop an epidemic. On American Diabetes Association Alert Day[®], March 25th, take our one-minute Diabetes Risk Test and find out if you are at risk for type 2 diabetes. Share the test to help others who also may be at risk. Then, participate in a Step Out: Walk to Stop Diabetes[®] event in your community. Begin the path toward a healthier you.



1-800-DIABETES | DIABETES.ORG/RISKTEST
FACEBOOK.COM/AMERICANDIABETESASSOCIATION