PREVENT DIABETES

Did you know....
Losing just 10 pounds, by getting 30 minutes of physical activity 5 days a week and eating healthy, can prevent or delay the onset of Type 2 diabetes.

Talk to your doctor about your risk for type 2 diabetes and what you can do to reduce your risk.

For more information on diabetes, including testing and support, call

Alivio Medical Center
773-579-2649