

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



MY HEALTH COMES FIRST!

DIABETES PROGRAM



Alivio Medical Center
An Active Presence for a Strong Community

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