

Control your diabetes for life!



Eat healthy foods



See your doctor



Be active



Get your eyes checked



Do not smoke



See your dentist



Take your medicines



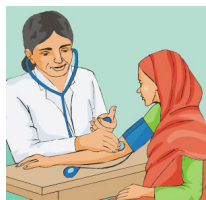
Take time to enjoy life



Check your blood sugar



Get help when you feel down



Check your blood pressure



Help yourself and help others



Check your feet