



November is Diabetes Awareness Month!



John 16:33 "I have told you this so that you will have peace by being united to me. The world will make you suffer. But be brave! I have defeated the world!"

Diabetes is a disease in which the body doesn't properly **use** sugar. Over 18 million **Americans** have diabetes—and a third of them **don't** even **know** it! Diabetes is **common** in African Americans, primarily overweight and obese people. Nearly all people with diabetes have an increased risk for **heart attack** and **stroke** earlier in **life**. You **can** prevent developing this condition by eating a **healthy diet**, and getting regular **physical activity**. Staying **active** not only prevents the **onset** of diabetes, it also **aids** in managing the disease if you already have it!

If you have questions about the Health-e-AME Physical-e-Fit program, please contact _____ at _____. Also visit the website at www.health-e-ame.com.



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