



## WHAT'S YOUR WHY?



To travel  
back home.



To enjoy  
the beach.



To play with  
my grandkids.



To feel  
better.

## Why do you stay healthy?

KNOW YOUR RISK FOR PREDIABETES AND TYPE 2 DIABETES.  
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**NATIONAL**   
**DIABETES**  
**PREVENTION**  
 **PROGRAM**

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