



I'm Elvia,
and **I prevent type 2**
diabetes to support
my community.

You have to put yourself
first. We can't love others
if we don't love ourselves.
Our families and friends
want to have us around
for a long time.

— Elvia Alcalá



Find out more about CDC's National
Diabetes Prevention Program
lifestyle change program at
CDC.gov/diabetes/prevention.



NATIONAL
DIABETES
PREVENTION
PROGRAM

#DiabetesMonth
CDC.gov/diabetes/prevention