



Diabetes? Heart Disease? Me?

I needed to make some changes!

Did you ever get news that makes you wish you could just go back?

My doctor got me into classes to help lower my risk. Now I eat smarter. I move more. I feel better.

Learn about classes that can help lower your risk for type-2 diabetes and heart disease. It's not too late to take control of your health. And your future.

It's not too late for a do-over.

Visit DiabetesFreeNC.com