

AMERICA'S DIABETES

CHALLENGE

GET
TO
YOUR
GOALS

“I watched my grandmother struggle to care for my grandfather, who died from complications of type 2 diabetes, so I know how difficult it can be to care for someone with the disease. I was excited to see that so many of you shared your type 2 diabetes stories, and I admire the commitment you and your loved ones displayed. We listened to your experiences and identified common challenges like eating healthy, exercising, sticking to your treatment plan and coping with the disease. Now, we’re offering tips to help you tackle these challenges head on. Focus on the tips that fit your lifestyle and share your progress with us!”

- CHEF LETICIA MOREINOS SCHWARTZ



TAKE THE NEXT STEP

Visit AmericasDiabetesChallenge.com
for tips and then show us how you’re putting them into action!