

AMERICA'S DIABETES

CHALLENGE

GET
TO
YOUR
GOALS

I know that living with type 2 diabetes isn't easy, but I've learned it's possible. It was great to see that so many of you joined me in sharing your type 2 diabetes stories, and I'm inspired by your commitment to improving your health. 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!

- S. EPATHA MERKERSON



TAKE THE NEXT STEP

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