

TAKE CHARGE *of your* HEALTH

Start NOW with 5 healthy choices:



- Start your day with fiber!
- Add color to your meals.
- Snack on fiber
- Read labels at the grocery store!
- Incorporate 30 minutes of moderate activity into your daily routine.

Visit NEHealthMatters.org
to take the risk assessment and
and learn how to **prevent**, **treat**
and **reverse** prediabetes!



“Your life is worth taking that moment to make sure that what you put in your body is not going to come back to haunt you.”

KIM

