

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!



“When you take charge of your health, you feel way better. You have more energy. You sleep better, and it just all around makes you feel better.”

LACEY

