

“When we learn how to walk, we start with small steps.”

Start exercising with small goals. Increase from getting the mail to walking around the block, and just keep challenging yourself to do more.”

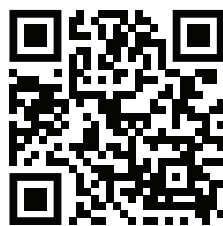
DENNIS AND JOAN



You might be at an **increased risk of developing prediabetes** if you are age 45+ or are active fewer than three times weekly.



TAKE CHARGE
of your **HEALTH**



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

