

**“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



**8 in 10 prediabetic people** don't even know they have it. Lacey and her daughter are getting ahead of prediabetes one healthy meal at a time.



**TAKE CHARGE** *of your*  
**FAMILY'S HEALTH**



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

