

TAKE CHARGE *of your* HEALTH

“Providers can help you with insulin, but 90% of living well is what you do yourself.”

NIKKI ZIMMERMAN

Although she is not alone in her journey, at 95, Nikki knows that her diabetes depends on her lifestyle choices – **and that’s why she’s taken charge of her health for the last 30 years through education, exercise and nutrition.**

TAKE THE DIABETES RISK ASSESSMENT:

NEHealthMatters.org

