

TAKE CHARGE *of your* HEALTH

“It’s scary
to know your
risk, **but you
have to take
that leap.**”

CAMILLA BARAJAS



After she was diagnosed with diabetes, **Camilla took control of her health by making basic lifestyle changes** that helped her drop 33 pounds and culminated in normal lab results.

TAKE THE DIABETES RISK ASSESSMENT:

NEHealthMatters.org

