

# 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**

