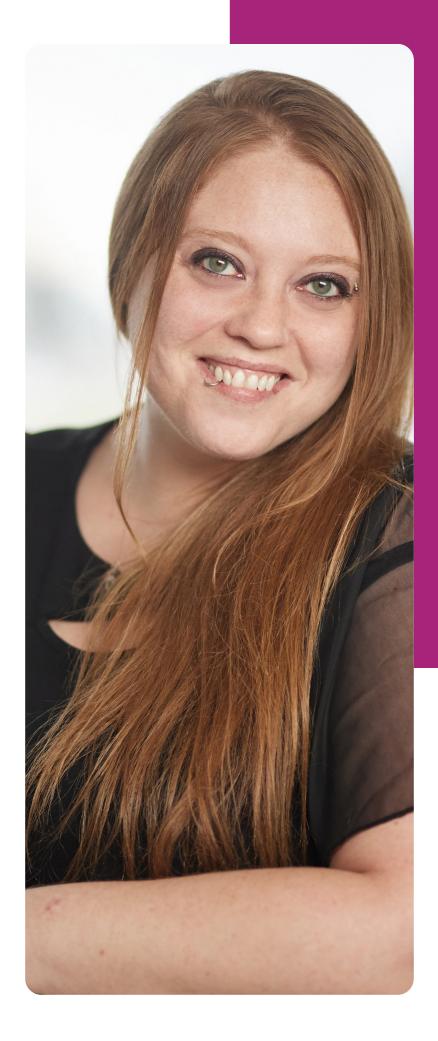
## <section-header>

"Taking charge of your health means being proactive rather than reactive."

SAMANTHA COUTTS



Samantha is fighting against developing diabetes - and is

## winning that fight by improving her health.

## TAKE THE DIABETES RISK ASSESSMENT:

## NEHealthMatters.org



