

**TAKE CHARGE**  
*of your* **HEALTH**

**“How you live  
today reflects  
how your  
health will  
be affected  
years ahead.”**

DAVID NEWSON



**David knows that he can't follow the same path as his relatives with diabetes,** so he regularly exercises to control his health.

**TAKE THE DIABETES RISK ASSESSMENT:**

**NEHealthMatters.org**

