



We're only asking for 5%.

November
is Diabetes
Awareness
Month

Nearly 90 million Americans are at risk for developing type 2 diabetes, and being overweight or obese is the single most important factor. The good news is, you can prevent or delay diabetes by losing just 5-7% of your body weight through increased physical activity and a reduced fat and lower calorie diet. If you are unsure whether you are at risk, talk to your doctor. Get better with Baptist.

 **BAPTIST**[®]

baptistonline.org

1-800-4BAPTIST

Get Better.