

PHYSICAL WELLNESS



INFORMATION RESOURCES

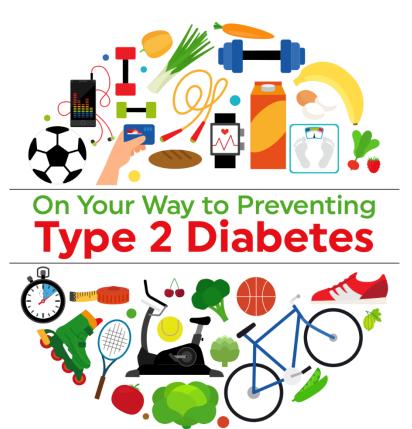


Visit the Centres for Disease Control's Website @

https://www.cdc.gov/diabetes/pdfs/prevent/On-your-way-to-preventing-type-2-diabetes.pdf

Learn about how you can prevent Type 2 Diabetes (adult-onset diabetes).

This guide will help you take small, practical steps that add up to a healthy lifestyle you can stick with & enjoy!



If you don't have computer access to the Internet, visit the Grimsby Public Library, or your local library. They can help you.