

Calling all Community Members!



Work with your local Diabetes: A Family Matter program to help decrease diabetes and its risks. Diabetes is a family matter! It is a local issue! It takes family and friends to prevent this disease.

Become a SUGAR Helper

Support to **U**nite **G**enerations in the **A**ppalachian **R**egion

SUGAR Helpers:

- Attend a training program to learn about health and diabetes.
- Help family and friends learn ways to live healthy.
- Assist with local health events and activities.

SUGAR Helpers assist others to:

- Live healthy lives.
- Prevent diabetes and other chronic illness.
- Reduce diabetes risks and complications.
- Manage diabetes.

Who are SUGAR Helpers?

- They are local people just like you that care about health and others.
- Learn more about being a volunteer SUGAR Helper.

WE must work together to reduce risks.

WE can make a difference.

For more information, or to get involved contact:

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