Diabetes: A Family Matter

Be a SUGAR Helper

Support to Unite Generations in the Appalachian Region

Put a public face on what is too often a private matter!

Diabetes is a family word. It takes family and friends to prevent this disease.

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.

Learn more about becoming a SUGAR Helper! Contact:

Sharon A. Denham, Project Director
Ohio University, School of Nursing
denham@ohio.edu

Larry Hamel-Lambert, Photographer

Copies may be made for educational & non-profit use only with attribution to the copyright holder Ohio University, author Sharon A. Denham, RN, DSN and Larry Hamel-Lambert, photographer.

Learn more about becoming a SUGAR Helper! Contact:

Change the face of diabetes!
Be a SUGAR Helper.

For more information visit:
www.diabetesfamily.net