

Diabetes: A Family Matter

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Be a SUGAR Helper

Support to **Unite Generations** in the **Appalachian Region**

Honey, we're killing the kids!



We let our kids eat too much of the wrong kinds of foods. We let them sit and not be active. **What will we look like if we don't change? What will happen if keep eating and sitting?**



Become a SUGAR Helper and learn ways to change.

Learn more about becoming a SUGAR Helper!
Contact:



For more information visit:
www.diabetesfamily.net

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