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 we 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](http://www.diabetesfamily.net)