

Today is Diabetes Awareness Day!

Understanding Your Risk of Type 2 Diabetes

What are the Risks:

- Heart Disease
- Stroke
- Nerve Damage
- Amputations

Reduce Your Risk By:

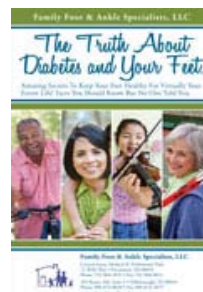
- Lowering Your Weight by 7%
- 30 Minutes of Exercise a Day, 5 Days a Week
- Healthy Eating

Learn How to Keep Your Feet Safe from Serious Problems:

The Doctor's of Family Foot & Ankle Specialists want you to be educated about your foot health so they are offering the book, *The Truth About Diabetes and Your Feet*, to you at **no cost**.

Log onto our website: www.stopfootpainfast.com or call 800-874-7920
To get your FREE copy

Amazing Secrets To Keep Your Feet Healthy For Virtually Your Entire Life! Facts You Should Know but No One Told You!



You can "Join the Million Challenge" by getting your free Diabetes Risk Test (English or Spanish) at www.stopdiabetes.com, 1-800-DIABETES (1-800-342-2383) or text JOIN to 69866 (Standard data and message rates apply).