



WE CAN BE STRONGER THAN DIABETES

Family Reunion

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

This is my family. That's my mom and dad. And my brother. And that's me - future Hall of Famer. That's grandpa. He's my best friend. Grandpa's got diabetes, but he's got it under control.

I keep my blood sugar close to normal. That means I watch what I eat and walk everyday. I always take my medicine and test my blood sugar because I want to be around to see the next Jackie Robinson! Control Your Diabetes. For Life. Call 1-800-438-5383.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.