

**I control  
my diabetes so  
I'll be around  
to see the next  
Jackie Robinson.**



**Controlling diabetes makes a huge difference.**

My granddaughter means the world to me. So I'm controlling my diabetes. That means I keep my blood sugar close to normal by watching what I eat and walking every day. I always take my medicine and test my blood sugar.

With my diabetes under control, I feel a lot better and have more energy. Best of all, I'm going to be around for my family... for my friends... for life.



Call 1-800-438-5383 to learn more. Or visit us at <http://ndep.nih.gov>



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

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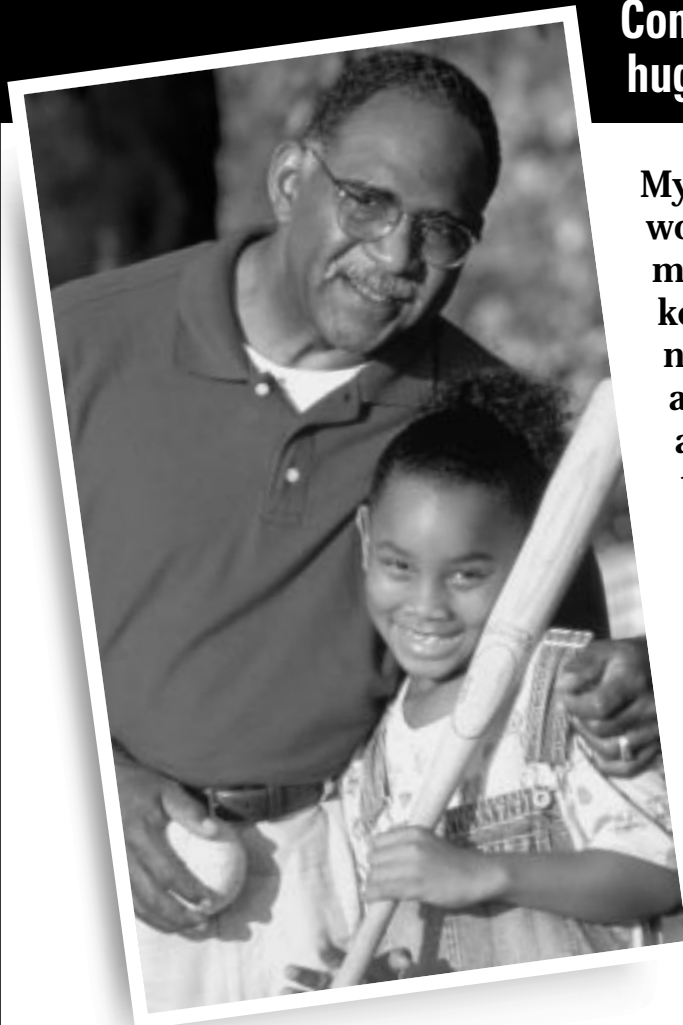
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National Diabetes Education Program: "Jackie Robinson" Newspaper Ads (65 line screen). This artwork is camera-ready and may be reprinted and disseminated without permission.

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