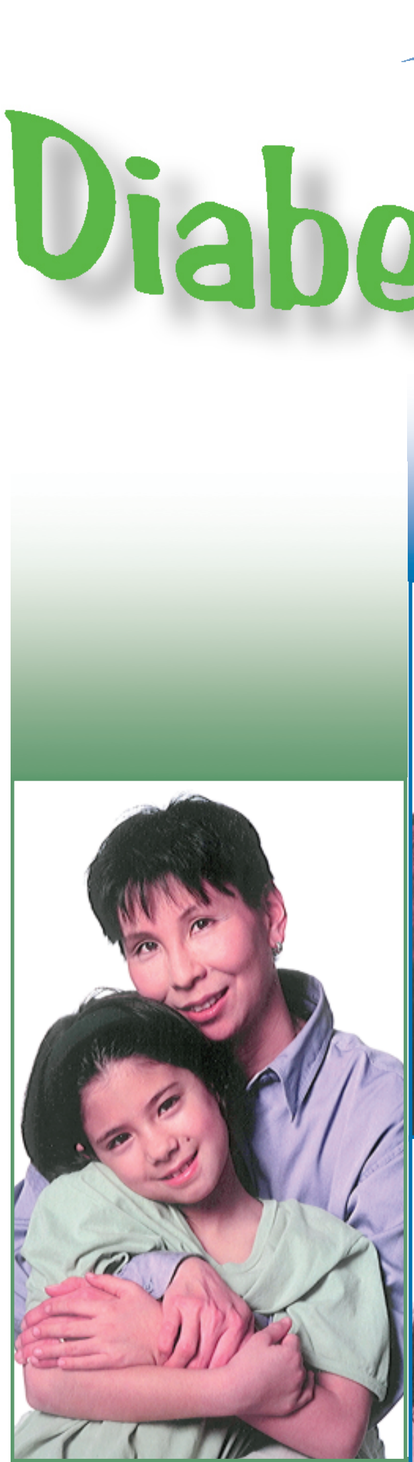
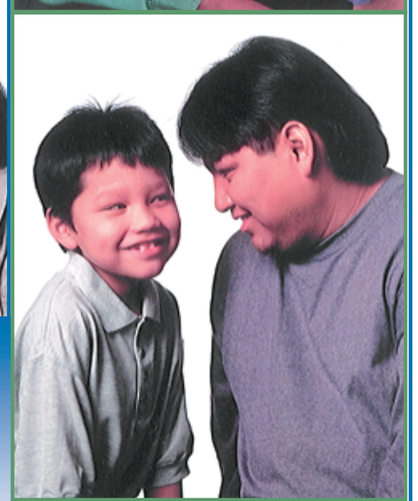
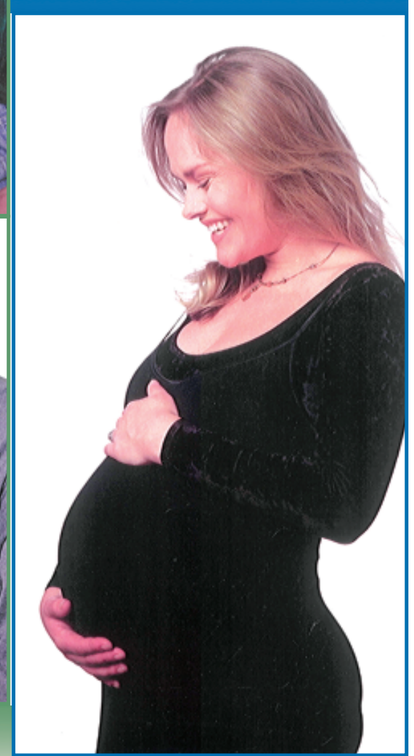
Diabetes - A New Wave of Life







Waves of Wellness:

Meal Planning ... The Mission? Nutrition!
Add more power to your diabetes care with a detailed, personal meal plan. Call your dietitian for help.

Monitoring ... Know Your Numbers!
Finger-stick testing and Hemoglobin A1c
Ask your health care provider what goals are best for you.

Motion ... Getting and Staying Moving!
Exercise is good for everyone, but it is really important when you have diabetes.

South Dakota
Diabetes Prevention & Control Program
A New Wave of Life

For more information, call: 1-800-738-2301