

Don't give in to



Pacific
Community
Communauté
du Pacifique

DIABETES



DON'T LET DIABETES CRIPPLE YOU

"I am determined I will not lose any more of my limbs to diabetes. With the help of my family, I can manage my diabetes by eating a balanced diet, exercising and following my doctor's instructions."
Chand Kunwar, 71 years old.

You can avoid getting diabetes and its complications. Seek healthy living advice from your health professionals.

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