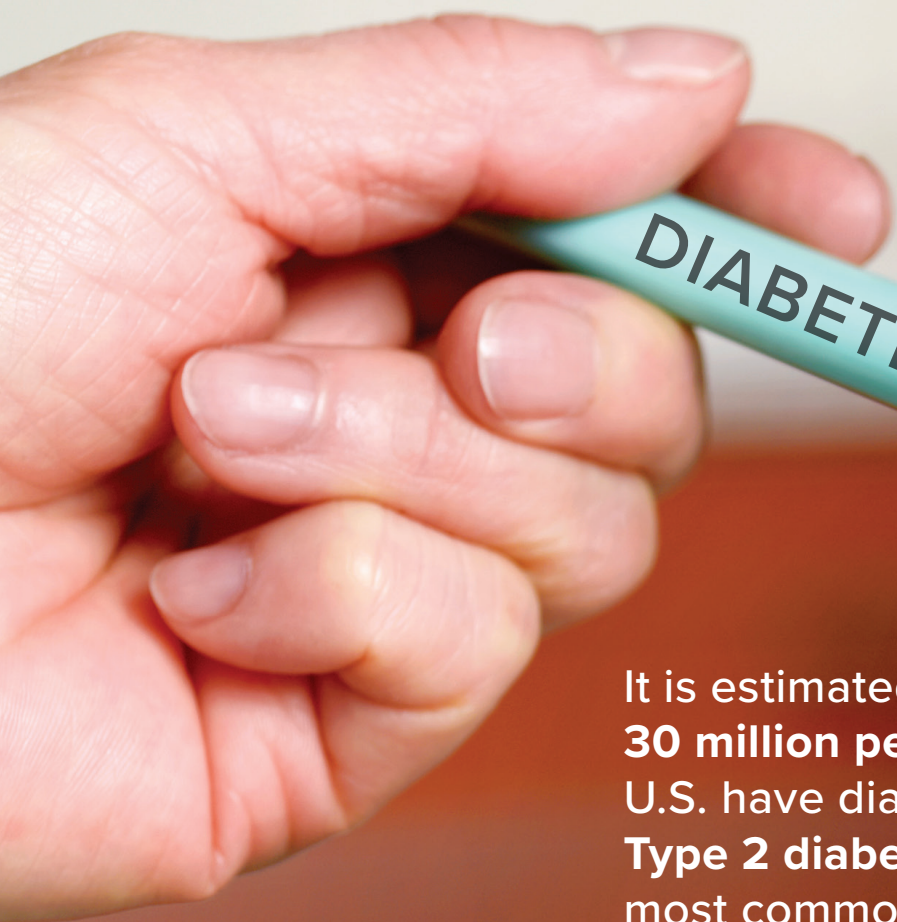


Don't  
SUGAR  
coat  
it!



It is estimated that over **30 million people** in the U.S. have diabetes. **Type 2 diabetes** is the most common type, but the truth is you can take action to delay, prevent, and manage diabetes.



Contact **Linda G.** at [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org) or **920.436.8668** for more resources.

For 24/7 health system access go to [bellin.org/contact](http://bellin.org/contact) or call **800.528.7883**.

