



Happy. Active. Life as usual.

**I am not a *diabetic*. I am a mother,
auntie, sister, friend . . . a *person with diabetes*.**

**I am not defined by diabetes.
I have learned to manage it,
and my life goes on in a good way.**

**I am strong and confident.
I will live a long, healthy life with diabetes.**

November is National Diabetes Month.

Clip out this ad, keep for yourself, or give to a loved one.



Produced by IHS Division
of Diabetes Treatment
and Prevention,
www.diabetes.ihs.gov