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.