

# Double Your Fun!



**It's time to enjoy  
the outdoors!**

**Take your child,  
grandchild, niece,  
or nephew with  
you.**

**The result?  
Two big smiles!**



Produced by the IHS  
Division of Diabetes  
Treatment and Prevention,  
[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)