



# **WE CAN BE STRONGER THAN DIABETES**

## ***Future Generations***

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

The future of our people - is threatened by diabetes. But we can fight it - by controlling our blood sugar. I choose healthy foods. I exercise every day, and keep my blood sugar close to normal. I always take my medication. Control your diabetes - because our young ones look up to you. We must take charge for future generations. Control Your Diabetes. For Life. Call 1-800-438-5383.

*[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov).*