

**EAT RIGHT. BE ACTIVE. HAVE FUN. *YOU CAN* PREVENT DIABETES.**

**Our lifestyle is important to us as a family. We know the best way to avoid diabetes is to eat healthy foods like whole grains such as**

**oatmeal and barley, fruits and vegetables as well as wild and lean meats. We also have lots of fun being active as a family.**

**We have**

a healthy lifestyle

a spirit

a goal

***the power to prevent diabetes***



Health  
Canada

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Aboriginal *Diabetes* Initiative

For more information on the Aboriginal Diabetes Initiative visit [www.healthcanada.ca/diabetes](http://www.healthcanada.ca/diabetes)  
or call 1 800 O-Canada (1 800 622-6232) TTY/TDD: 1 800 465-7735

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