

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

My family and community mean everything to me. Some of my family have diabetes and I know the best way to help them avoid the disease is to help them eat healthy foods and be active. Country foods like caribou, arctic char, ptarmigan, berries,

arctic hare and seal are important to me and my family. And being active can be as easy as walking with my daughter or attending a weekly exercise class at the community centre.

I have

a family

a spirit

a goal

***the power to prevent diabetes***



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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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