




DIABETES

and your **HEART**

If you have diabetes, you are

2-4 times

More Likely to have heart disease or a stroke than if you do not have diabetes.

According to the CDC, up to 20% of deaths from heart attack and 13% of deaths from stroke are related to diabetes or pre-diabetes.

Tips To Reduce Your Risk For Heart Disease



Maintain a Healthy Weight



Stay Active



Make Healthy Food Choices

Free for Calvo's Selectcare members on a "first-come, first-served basis."

Next Diabetes Management Schedule
Classes run every Wednesday at 5:30pm
May 10 - May 31, 2017