



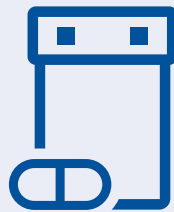
Alabama Diabetes  
PROGRAM

# DIABETES MONTH NOVEMBER 2018

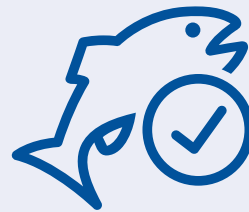
## TAKE CONTROL OF DIABETES



Monitor  
Glucose



Take  
Medication



Eat  
Healthy



Be Physically  
Active



**KICK-OFF**  
November 1

**WORLD  
DIABETES  
DAY**  
November 14

**FINAL  
EVENT**  
November 28