

# NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

HELP US REACH OUR GOAL ON



World Diabetes Day  
November 14, 2019

BY TAKING THE RISK  
ASSESSMENT TEST

FINDING OUT IF YOU'RE AT RISK  
FOR PREDIABETES OR DIABETES IS  
SIMPLE. Complete the test by visiting:

**[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)**

Then encourage others to take the risk test!

We are offering educational programs with MSU Extension Dinning with Diabetes, UPCAP (Diabetes PATH) and UPDON (Diabetes Prevention Program), among others, at **NO COST** to the participants. Check with your local Lions Club on classes in your area or contact the D.A.D. Office at 906.399.6233.

#### MISSION STATEMENT

To raise awareness of the complications associated with diabetes, screening, prevention, and education.



**LIONS CLUBS OF  
MICHIGAN**

Defense Against Diabetes



Follow "Single District 10 Lions"  
[www.district10lions.org](http://www.district10lions.org)



**1 OUT OF 3 ADULTS AND  
50% OF SENIORS  
HAVE PREDIABETES**

**COULD YOU BE  
ONE OF THEM?**

**STOP BY ONE OF THESE LOCATIONS THIS MONTH AND TAKE  
THE A.D.A. PAPER DIABETES/PREDIABETES TEST:**

November 13 <sup>th</sup> .....	Noon to 2PM .....	Negaunee Senior Center
November 15 <sup>th</sup> .....	Noon to 2PM .....	Marquette Senior Center
November 19 <sup>th</sup> .....	10AM to 2PM .....	Escanaba Senior Center
November 20 <sup>th</sup> .....	11AM to 2PM .....	Gwinn Senior Center
November 26 <sup>th</sup> .....	9AM to noon.....	St. Thomas Church in Escanaba
November 26 <sup>th</sup> .....	1PM to 3PM.....	Gladstone Senior Center