“Ejjab bidodo kejbarok nañinmej in tõñal iien otemjej, bõtaab kwomaroñ komane!”

“Kõm jela…konke ewõr am bar nañinmij in tõñal.”

Ne kõmij kej parok nañinmij in tõñal ko am, --Emon am mour im kõmij eñjake am kajoorlok. Kõmij jab kõnaan bwe kemin bilo, jorren kidney ko am, im jejep ne. Eñin kõmij kajeoñ komaat am maroñ ñan kojarok hoñan tonal eo am, bwe en bed ñoñ bilo ñoñan ko emon ñan ejmour.

Melele in bwe kemij kalet mõñã ko remon ñan ejmour im komman ñoñan am mõñã. Kõmij koman ien nan exercise ak kajimourur aolep ran. Im kõmij kajejet ien am bôk uno ko emoj litoki im kab eñale ñoñan tõñal ko am ien otemjej.

Kejparok nañinmij in tõñal ej jab biroro, ak konke kõm maroñ komane. Bar kwe kwomaroñ komane!

“It’s not always easy to manage Diabetes, but you can do it!”

“We know…because we have diabetes too.”

When our diabetes is under control, we feel better and have more energy. We don’t want to go blind, have kidney disease, lose a foot or leg due to diabetes. So we do the best we can to keep our blood sugar close to normal.

That means we choose healthy foods and watch how much we eat. We fit regular exercise into our busy schedules. And we take our prescribed medications and test our blood sugar on a regular basis.

It’s not always easy to control our diabetes, but we can do it. You can, too!

Health Promotion & Disease Prevention Program: 625-3399 ext. 2407
Diabetes Wellness Program: 625-7710

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