



DIABETES



HEART

and your

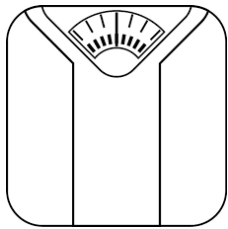
If you have diabetes, you are

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

To sign up for the next Diabetes Clinic, please call 646-9333. It runs every Wednesday in four week sessions from 5:30pm-7:00pm. Most insurance accepted

NEXT DIABETES CLINIC SCHEDULE

September 28th – October 19th

October 26th – November 16th

December 7th – December 28th

Amparos Business Center, 226 C/D Chalan San Antonio, Dr. Horinouchi Wellness Clinic (across from GPO, between Gaylord & KFC) in Tamuning | email:guamwellnessclinic@me.com |

(671) 646-9333