

# *This November, America Gets Cooking<sup>SM</sup> TO STOP DIABETES<sup>®</sup>!*



This November, the **American Diabetes Association** and **Spinderella** challenge America to Get Cooking to Stop Diabetes!

Visit us online each week and get tips on staying healthy throughout the holiday season, learn how to host a special, food-themed event and vote for your favorite recipes to help create the perfect holiday meal!

Visit us at **[diabetesforecast.org/adm](http://diabetesforecast.org/adm)** or call **1-800-DIABETES**.



America Gets Cooking to  
Stop Diabetes is presented by



**AMERICAN DIABETES MONTH<sup>®</sup>  
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