

This November, America Gets CookingSM TO STOP DIABETES[®]!



This November, the American Diabetes Association challenges 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** or call **1-800-DIABETES**.



America Gets Cooking to
Stop Diabetes is presented by



**AMERICAN DIABETES MONTH[®]
NOVEMBER 2014**