



Are you ready to rock ID Day? ID stands for I Decide to
Live Healthy and Fight Diabetes, and it is being promoted
in churches across the USA on Sunday, November 11,
2012. The particular focus this year is on the AfricanAmerican churches because diabetes is a major health
concern for them. Over 2000 churches across the USA will
be participating.

Today, 50% of the children being born since 2000 will develop diabetes in their life time with the age of onset for Type 2 diabetes getting younger and younger.

## **HOW YOU CAN PARTICIPATE:**

If you want your church to be a part of this please contact
Treva Lincoln at 888-342-2383 extension 6074, or email her
at TLincoln@diabetes.org at the local chapter of the
American Diabetic Association. She is ready to help with
pamphlets and brochures and even scripts for addressing













the congregation.

Diabetes can be controlled with healthy eating, exercise, and medication so that it does not control you.

Please help us pass along the information to friends and family, band members and co-workers. We want to get this epidemic under control.

Red is the color for Diabetes, so join us in wearing a little Red with your Saints Black and Gold on Sunday, November 11, 2012. While we beat the Falcons, let us beat Diabetes.

