

*Transdev Recognizes*

# November is Diabetes Awareness Month



This Diabetes Awareness Month, let's come together to learn, share, and support those affected by diabetes. Whether you're managing diabetes yourself or supporting someone who is, knowledge is power. Together, we can make a difference!

Here are some tips you can keep in mind both during and after Diabetes Awareness Month:

- Take small steps to change your lifestyle and daily habits.
- Try to move at least 30 minutes a day.
- Choose healthier foods and drinks when given the opportunity.
- Lose weight, track it, and keep it off.
- Seek support to make a plan, track your progress, and follow through from healthcare professionals to friends and loved ones.
- Stay up to date on vaccinations.

Living Our Purpose: **Care, Share, Dare**

