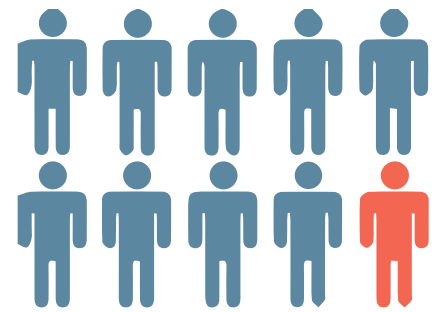




Knowing your numbers has its benefits.

- + Nine out of ten people with prediabetes don't know they have prediabetes!
- + High blood pressure usually has no signs or symptoms, so many people do not realize they have it.
- + High cholesterol can lead to build up of plaque in your arteries as well as decreased blood flow.



The good news is you can prevent or delay complications by taking good care of yourself. Lifestyle choices affect most important areas of your well-being.

The only way to be sure is to have a regular screening. Your Health & Wellness Center is available to help you. Call now for your annual health assessment!



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