



## Diabetes: Managing Your Condition

**Did you know?** November 14th, 2024 is World Diabetes Day!

Diabetes is a serious condition that affects the body's ability to control its blood sugar levels. The good news is that it also responds well to your efforts.

Locate the article *Diabetes: Managing Your Condition* on *Health Connected's Health Library*\* today to learn more about what you can do to combat diabetes. The article includes sections on:

- How to manage diabetes;
- How to control diabetes with nutrition and exercise; and
- Monitoring blood glucose levels.