

WILL YOU BE KILLED BY YOUR SOFA?

If it happened suddenly, you might take it more seriously.

Type 2 diabetes isn't sudden; it's a slow attacker that you invite in over years of unhealthy diet and exercise. Diabetes can lead to heart and kidney disease, you can lose your eyesight and you may even lose your feet or legs. Don't become a victim; find out what you can do now to avoid type 2 diabetes later, text DANGER to 515 to find out more. **Diabetes, the danger is real.**

To find out more:

Text danger to 515
thedangerisreal.co.nz



diabetes
new zealand