


The fight to STOP Diabetes begins with YOU!

Did you know?

- 25.8 million adults & children in the US have Diabetes
- 79 Million Americans have Pre– Diabetes
- In Virginia alone, over 175,000 people have Diabetes— and an estimated 53,000 have Diabetes and don't know it!

Join the American Diabetes Association of Greater Richmond!  
 Volunteer and/or Donate to help STOP Diabetes:  
 (804) 225.8038 ext. 3287 Ncastrina@diabetes.org



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## Mama J's American Diabetes Association Table Tent Layout