

"From diagnosis, well-being support is crucial to navigate the life changes caused by diabetes. It's okay not to be a superhero"

Anita,

living with type 1 diabetes since 1987



We need to look beyond blood sugar **for a better diabetes life.**

**#DiabetesLife**

A campaign led by the International Diabetes Federation.



world diabetes day  
14 November



worlddiabetesday.org