



Diabetes: education to protect tomorrow

More than 90% of diabetes care is self-care.

Do you have the knowledge to make informed decisions?

Take charge of your diabetes care

Access free diabetes education:

worlddiabetesday.org/understandingdiabetes

[#WorldDiabetesDay](https://twitter.com/WorldDiabetesDay) [#EducationToProtect](https://twitter.com/EducationToProtect)



**International
Diabetes
Federation**

