



lions australia
we serve

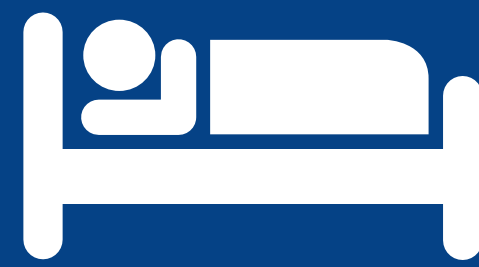


and Diabetes

Our vision is to
"Reduce the prevalence of diabetes and
improve the quality of life for those diagnosed"



LIMIT YOUR
CONSUMPTION OF
ALCOHOL



ENSURE 8 HOURS
OF SLEEP
EVERY NIGHT



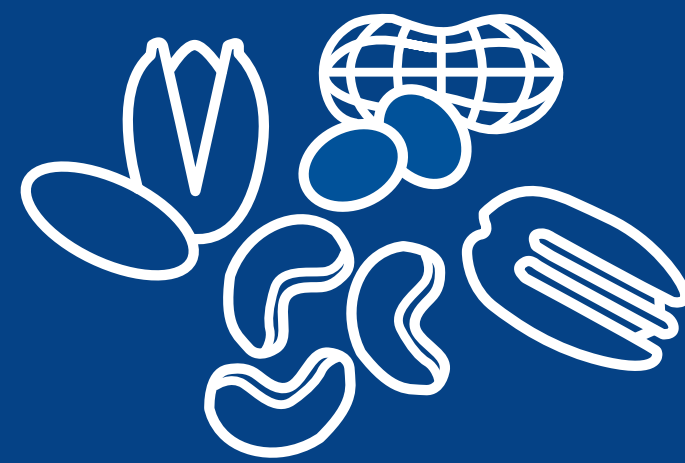
**COOK WITH
OLIVE OIL**
INSTEAD OF
BUTTER



**EXERCISE
30 MIN**
A DAY, 5 DAYS
A WEEK



**CUT
SUGAR**
OUT
OF YOUR
FAMILY'S DIET



NEED A
SNACK?
GO NUTS



**DON'T
SIT**
STAND UP
AND GET
MOVING



**BIN
THE
SUGARY
DRINKS**



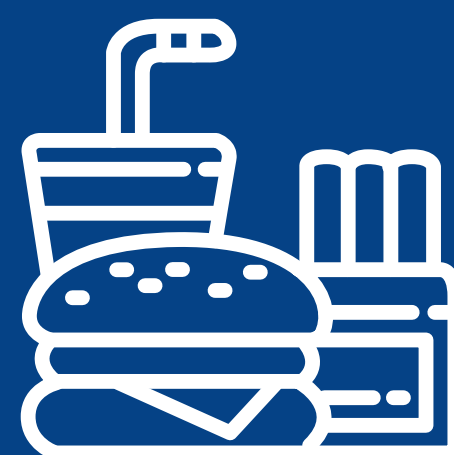
EAT 3 DAILY
SERVINGS OF
VEGETABLES



TAKE THE STAIRS
INSTEAD OF
THE LIFT



**EAT
HEALTHY
LIKE THIS**



**NOT
LIKE THIS**



Email: info@lions.org.au

www.lionsclubs.org.au