

"IT'S A FACT..."



... 1 out of 4
**African American
Women over 55
has diabetes**

*Donna Richardson
Wellness Expert*

What can I do about it?

"Eat more **fresh produce** and **exercise** daily.
Your health will **improve** and you'll look and feel **better**."

"**Know** the **facts** and take action.
You'll have a longer, **healthier** life."

www.florida-agriculture.com



**Fresh
Florida**