DIABETES AWARENESS

Know. Prevent. Control.

Healthy Choices Today, A Healthier Tomorrow!





Integrated Health Services

COMMUNITY • CARE • WELLNESS

DATE 13 NOVEMBER 2026

TIME 09:00 – 13:00

VENUE ZAMDELA CHC

STRONG HEALTHY LIFESTYLE PREVENTS DIABETES



Eat a balanced diet: more fruits, vegetables and whole grains.



Be active: Aim for at least 30 minutes of exercise daily.



Drink plenty of water.



Maintain a healthy weight.



Avoid smoking and limit alcohol.



Manage stress and get enough sleep.

KNOW THE RISK FACTORS

- Being overweight or obese
- Physical inactivity
- Unhealthy diet
- Family history of diabetes
- Older age (over 45 years)

GET SCREENED

Know your blood sugar level. Early detection saves lives!



CONTROL DIABETES

- Take your medication as prescribed
- Follow a healthy diet
- Exercise regularly
- Attend follow-up visits

Your Health. Your Future. Your Community.

Access free screening and diabetes services at Zamdela CHC.
Together we can beat diabetes!



health
Department of Health
FREE STATE PROVINCE

2030 NDP

A FREE STATE THAT WORKS FOR ALL