

The 7 Grandfather Teachings To Manage Diabetes

Love - Being active

Honor - Your feet

Truth - A balance of Physical, Emotional, Spiritual, and Mental Health provides well-being

Honesty - Traditional Foods keep us healthy

Wisdom - Diabetes self-management skills will come from self knowledge

Bravery - Monitor your blood sugar daily

Humility - Know that we are all a sacred part of creation and therefore we are all equally affected by diabetes

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