

THIS NOVEMBER NATIONAL DIABETES AWARENESS MONTH  
PLEASE JOIN & SUPPORT THE LATINO DIABETES ASSOCIATION IN THE FIGHT AGAINST DIABETES



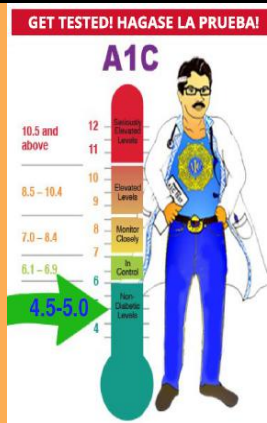
Ways you can support the LDA:

- Donate through LDA.org
- Donate your vehicle
- Planned giving through LDA partnership programs



**LDA RECOMMENDS GETTING YOUR DIABETES A1C TEST TODAY**  
**LDA'S MISSION: PREVENTING DIABETES IN OUR COMMUNITIES**

- If you're pre-diabetic, get your Glycemic A1C test every 3 months
- Your A1C test should be between 4.5 - 5.0
- Start by making healthy food choices
- Maintain a healthy weight & exercise regularly
- A1C test is covered by all insurance plans
- If you don't have insurance, call 211 or 311 to obtain information on free clinics near you



LDA is currently collaborating with Cal State LA EPIC program to work with student volunteers and interns.

Volunteers needed for the following positions:

1. Public Policy
2. P.R/Media Campaign
3. Social Media Blogger
4. Graphic Artist
5. Journalism
6. Public Health

For more information, Click here:  
<http://lda.org/downloads/LDA-Volunteers-Needed-2017.pdf>

**Are you an employee of L.A. County?**

LDA is now part of the Los Angeles Charitable Giving Campaign (CGC). Please sign up today to support the LDA  
For more information, Click here:  
<http://hr.lacounty.gov/subsites/WPP/charitablegivingcampaign.html>



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Please support the LDA by shopping thru SmileAmazon.com  
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**LATINO  
DIABETES  
ASSOCIATION**

Preventing Diabetes In Our Communities  
(323)837-9869 [www.LDA.org](http://www.LDA.org)