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| Even with a family history of diabetes, there are ways to prevent the disease, including maintaining a healthy weight and diet, exercise and getting quality sleep on a routine basis.  Interested in learning more? [Click here](https://010bbd3c-7c99-4bb7-b319-8590182e29be.filesusr.com/ugd/722a5e_c175daea752b400382ed1181adf06d6e.pdf)  **Don’t delay your healthcare!**  **Schedule a diabetes screening today.** | |
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