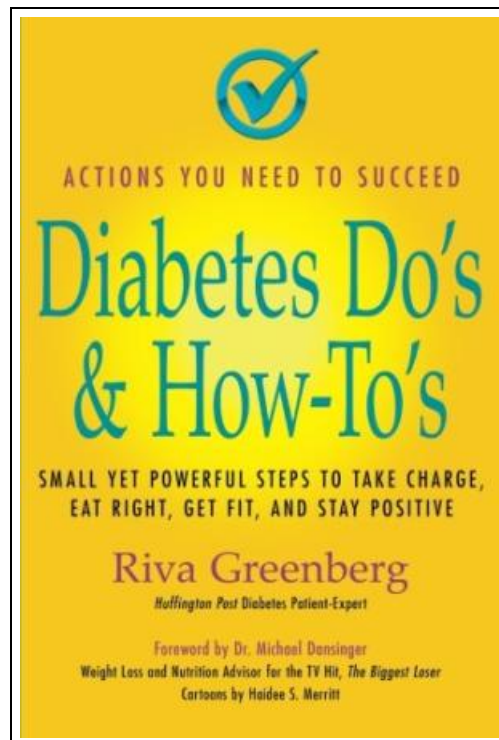


## Diabetes Do's How-To's: Small Yet Powerful Steps to Take Charge, Eat Right, Get Fit, and Stay Positive



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