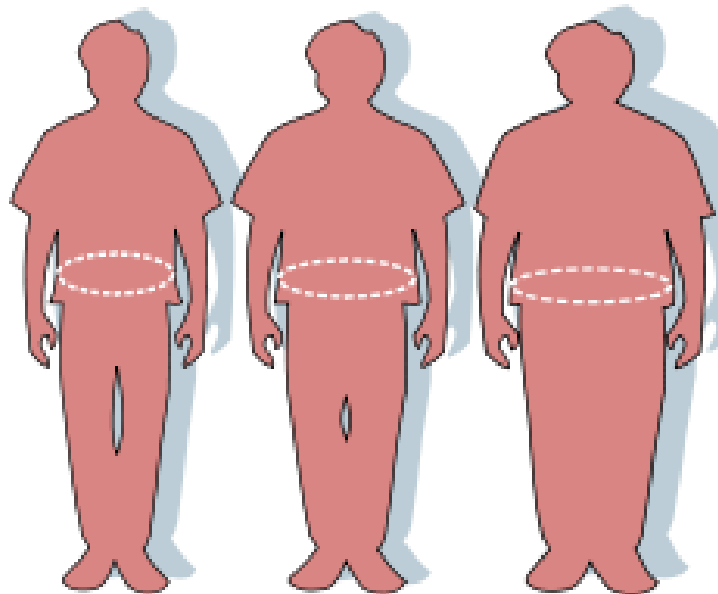




Are you South Asian?

Did you know that your recommended waist measurement should be lower?



You are considered “at-risk” for diabetes if your waist measures:

Women → 80 cm or more
Men → 90 cm or more

Get screened for diabetes today!

WaterlooWellington
D I A B E T E S