

# YOUR HEALTH & HAPPINESS



## Lose Weight, Feel Great

(NAPSA)—You can help yourself to better health and help others at the same time. Losing weight can be a way to play an important and active role in raising funds to help find a cure for juvenile diabetes.

Approximately 18.2 million people in the U.S. have diabetes and 5.2 million of them don't even know it. Genetics and environmental factors such as obesity and lack of exercise play roles in developing diabetes.

To help, the Islet Replacement Research Foundation supports diabetes research. To date, \$750,000 has funded dedicated scientists who support ambitious research projects to find a cure for Type 1 Diabetes at the University of Virginia.

The Foundation's Slim-a-thon runs through March 8, 2004. You can shed those pounds any way you like, inspired by knowing it's for a good cause.

Sign up at the Web site at **[www.isletfoundation.org](http://www.isletfoundation.org)** by clicking on the Slim-a-thon button. While on the Web site, check out the information on the health benefits of losing weight and preventing diabetes. There's also a message board for questions and sharing tips about weight loss, food, exercise and lifestyle.

For more information call (540) 832-3282 ext. 150.