

Meet the Faces of Diabetes

Inspiring us to live healthier



Matt Minnihan

Attorney
Onawa, Iowa. Type 1

"I read food labels and eat healthier."



Adair Kaehlar

Well known musician and gospel singer
Whiting, Iowa. Type 2

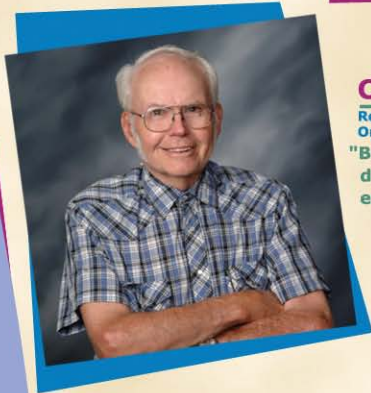
"My food choices have influenced my family to live healthier."



Emily Moser

High School Senior
Onawa, Iowa. Type 1

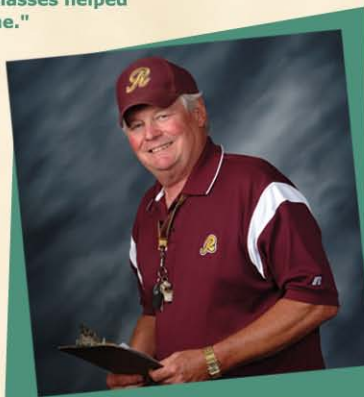
"I work, cheerlead, and keep busy like most teens."



Charles Persinger

Retired Farmer
Onawa, Iowa. Type 2

"Burgess Health Center diabetes classes helped educate me."



Paul Riffle

Football Coach, Substitute Teacher
Mapleton, Iowa. Type 2

"I skip desserts and eat smaller portions."



Colton Henschen

Fourth Grader
Onawa, Iowa. Type 1

"I play a lot of sports and can do anything other kids do."



Cheryl Hardersen

Administrative Assistant
Onawa, Iowa. Type 1

"I receive strong support from Onawa providers."

Burgess Diabetes Education Services provides one-on-one consultation, group classes, monitoring and more.

Learn more at: 712.423.9268 or www.burgesshc.org



BURGESS
Health Center
Onawa, Iowa



Check out new diabetes materials donated to your local library.