



Pacific
Community
Communauté
du Pacifique

**BINGE
DRINKING
DESTROYS'**

**PEOPLE
FAMILIES
COMMUNITIES**

Avoid heavy
drinking



Seek healthy living advice from
your health professionals.

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Don't give in to



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DIABETES

DON'T LET DIABETES BLIND YOU

This is Tulia Ravula, just 23 years old she has lost her eyesight due to the complications of her diabetes.

"What I miss the most is being able to walk around my village to see my friends and relatives," she said.



You can avoid getting diabetes and its complications. Seek healthy living advice from your health professionals.

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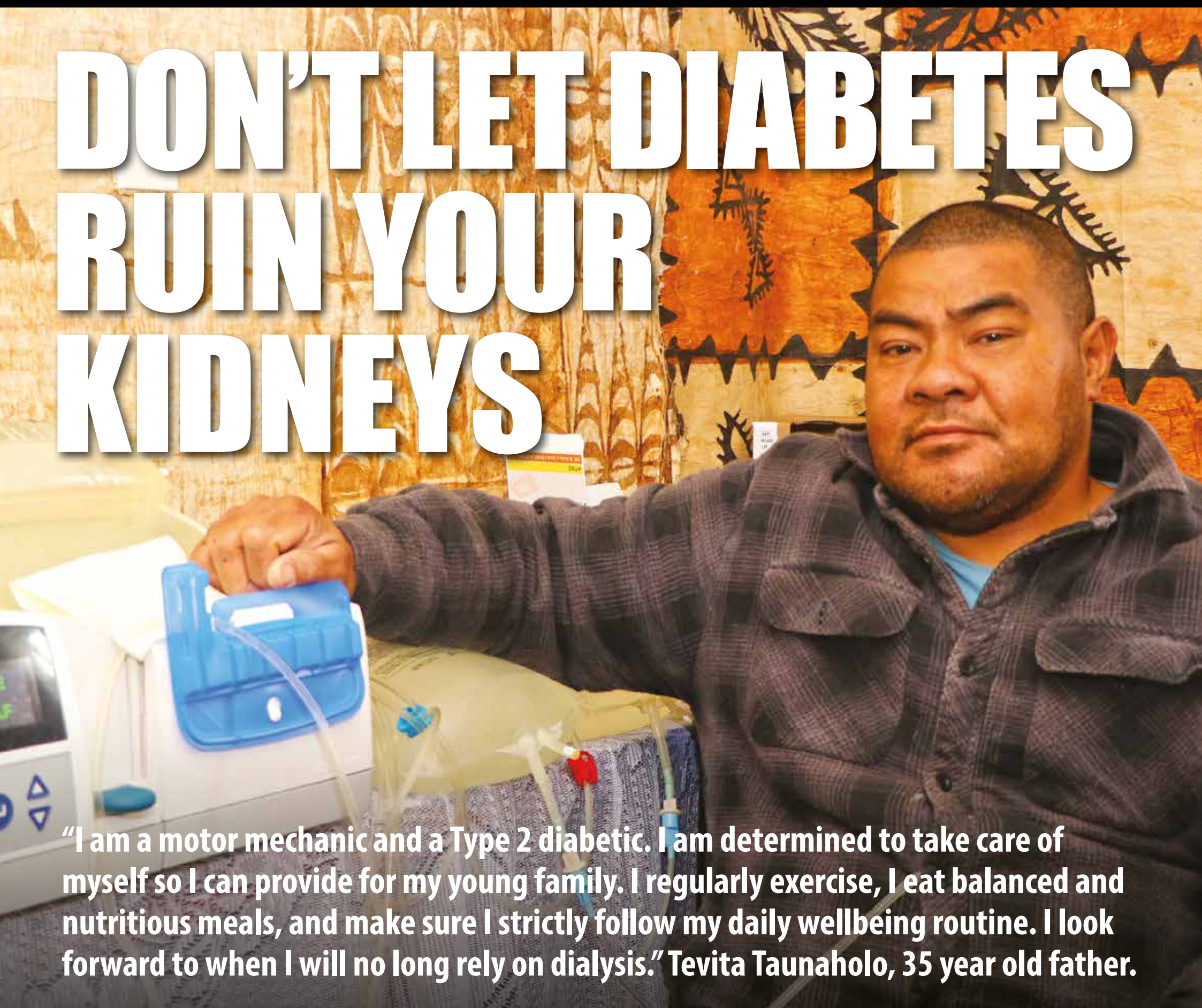
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DIABETES

DON'T LET DIABETES RUIN YOUR KIDNEYS



"I am a motor mechanic and a Type 2 diabetic. I am determined to take care of myself so I can provide for my young family. I regularly exercise, I eat balanced and nutritious meals, and make sure I strictly follow my daily wellbeing routine. I look forward to when I will no longer rely on dialysis." Tevita Taunaholo, 35 year old father.

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**SMOKE-FREE
PACIFIC**



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Don't SMOKE!

Smoking will harm you and the people around you.

Let's make sure our cars, homes and public places are smoke free!



**SMOKE-FREE
CAR**



**SMOKE-FREE
HOME**



**SMOKE-FREE
PUBLIC PLACES**



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THIS IS HOW DIABETES STARTS



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Lack of exercise and eating food that is high in sugar will greatly increase your risk of diabetes.



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We all need to stay active to stay healthy



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There's an exercise right for you whatever your age, ability or health condition. Be active everyday in as many ways as you can, your way.



Sweeping



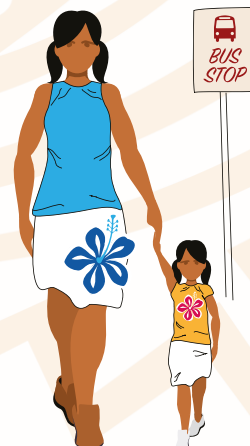
Swimming



Cycling



Gardening



Walking

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