

From: Diabetes Hands Foundation <newsletter@diabetesfh.org>
Subject: Diabetes Poetry Contest, Volunteer With Us, Heal The FDA
Date: January 29, 2009 11:48:19 AM PST
To: tudiabetes@gmail.com
Reply-To: newsletter@diabetesfh.org

Diabetes Hands Fo...
Not In Address Book

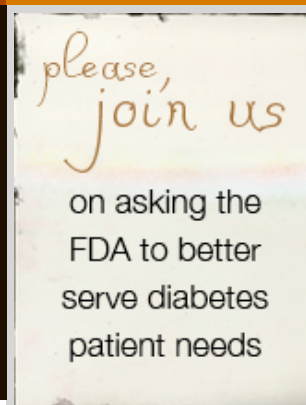
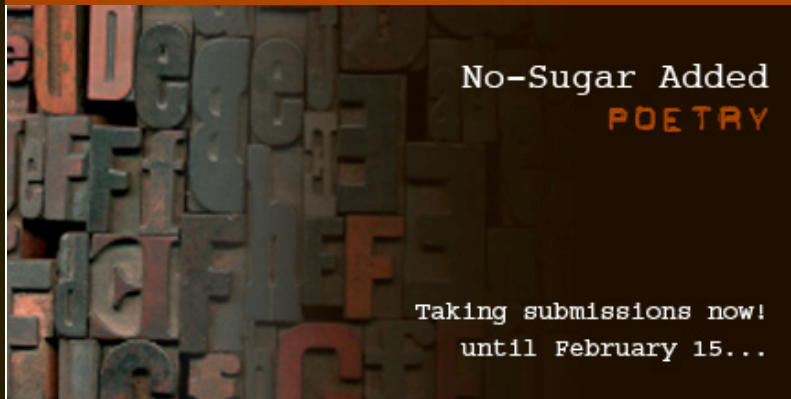
You're receiving this newsletter because of your membership at TuDiabetes.com or your relationship with Diabetes Hands Foundation. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



January 2009

Issue: 7



Dear Manny Hernandez,

As 2009 begins, we are full of hope. One of the things that fills us with hope is the wonderful people that make up our community. To celebrate this and help raise diabetes awareness, we have started the "[No-Sugar Added](#)" poetry contest.

[Post your submission today!](#)

Volunteer Opportunities

If you wonder how you can help others in the diabetes community, we are looking for people to help as part of our volunteer program.

[Watch this video](#) to learn about the different volunteer opportunities we offer at the Diabetes Hands Foundation.

[Please sign and help us circulate the petition.](#)

We need to reach 20,000 signatures by Feb. 16.

in this issue

[Volunteer With Us](#)

[50 Years With Diabetes](#)

[Check This Out](#)

[TuDiabetes Tips & News](#)

TuDiabetes Tips and News

[Diabetes awareness t-](#)

Doug's 50 Years With Diabetes

March 2, 2009 marks be the 50th diabetes anniversary of [Doug Klein](#). In this interview, he shares how he finds balance despite his high stress job.

[Read Doug's story.](#)

Check This Out in *TuDiabetes.com*

Forum and Blogs

- [You know youre a diabetic when...](#)
- [How has TuDiabetes helped you?](#)
- [Most annoying comments about diabetes](#)

Videos

- [TuDiabetes on Hallmark Heroes](#)
- [365 Days in the Life of Someone with Diabetes](#)
- [Enjoy Sugar Free Cheesecake](#)

[shirts](#) are on sale.

You can [find other members like you.](#)

You can now easily [find groups in your region.](#)

You can control [who can see your member page.](#)

We recently announced two new partnerships:
1) **Careflash**: a free service that helps keep loved ones informed during an acute health care event, child birth, or long term care.

2) **Fit4D**: they provide personalized nutrition, fitness and wellness guidance to people with diabetes.



We look forward to continuing to see you participate in the *TuDiabetes.com*® community.

Manny Hernandez, [Diabetes Hands Foundation](#)

[Christine Baker](#) kindly donated her writing/editing expertise to make this newsletter neater.

[Forward email](#)

✉ **SafeUnsubscribe**®

This email was sent to tudiabetes@gmail.com by newsletter@diabeteshf.org.
Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



Diabetes Hands Foundation | 2802 Tenth Street | Berkeley | CA | 94705