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## IN THE NEWS

**November is Diabetes Awareness Month!** Make sure you manage your diabetes to help avoid vascular disease complications. For more information, visit [diabetes.org](http://diabetes.org).

**The new Combined Federal Campaign (CFC) number is 11851.** If you are employed by the federal government, you can designate a paycheck donation to VDF. Please simply enter our new CFC number 11851 on the form. Thank you!

**The Great American Smoke-Out will be held on the third Thursday in November.** Help a friend to quit smoking and improve the quality of his or her health.