

MARCH 2025

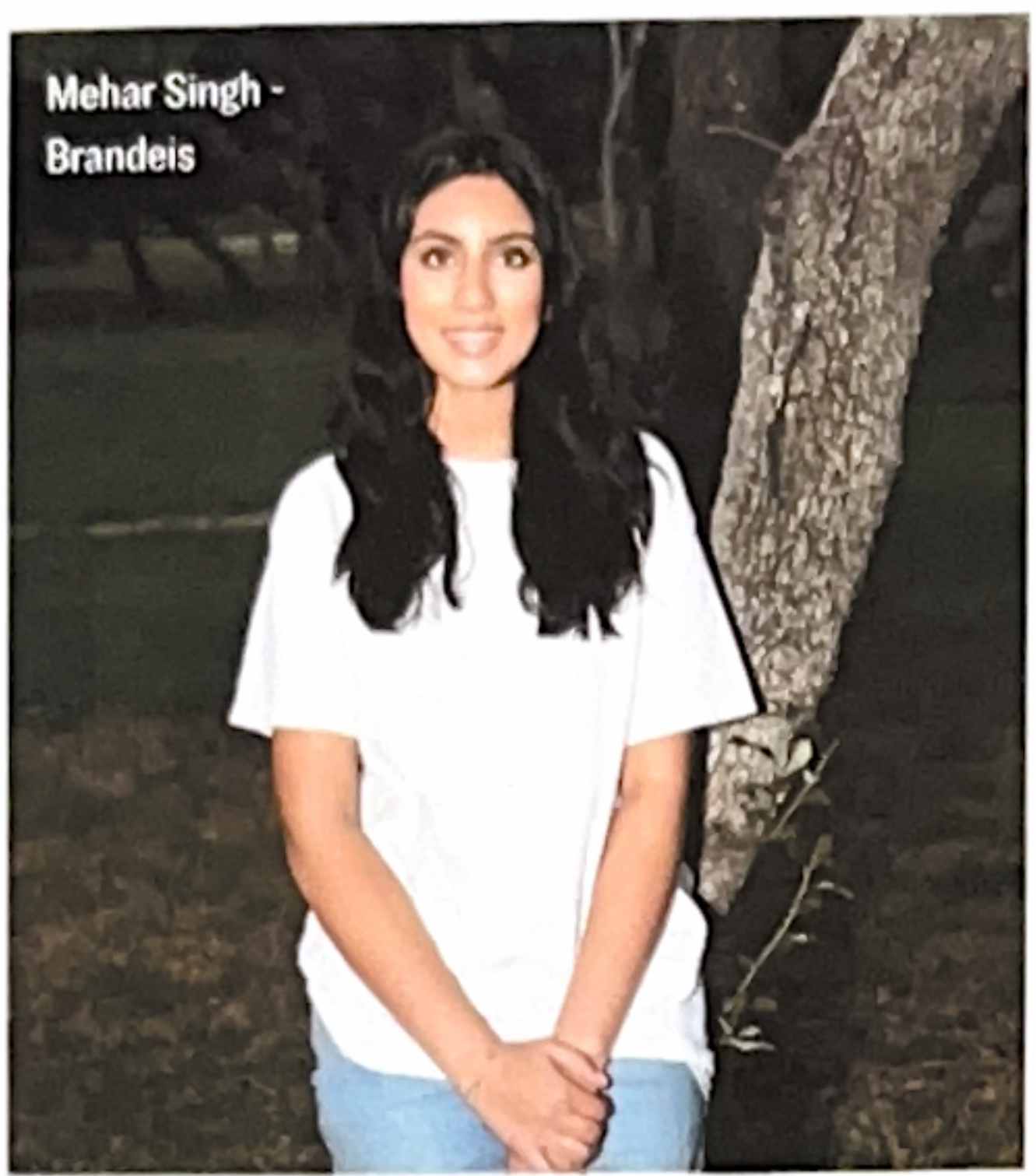
STROLL.

Shavano Park

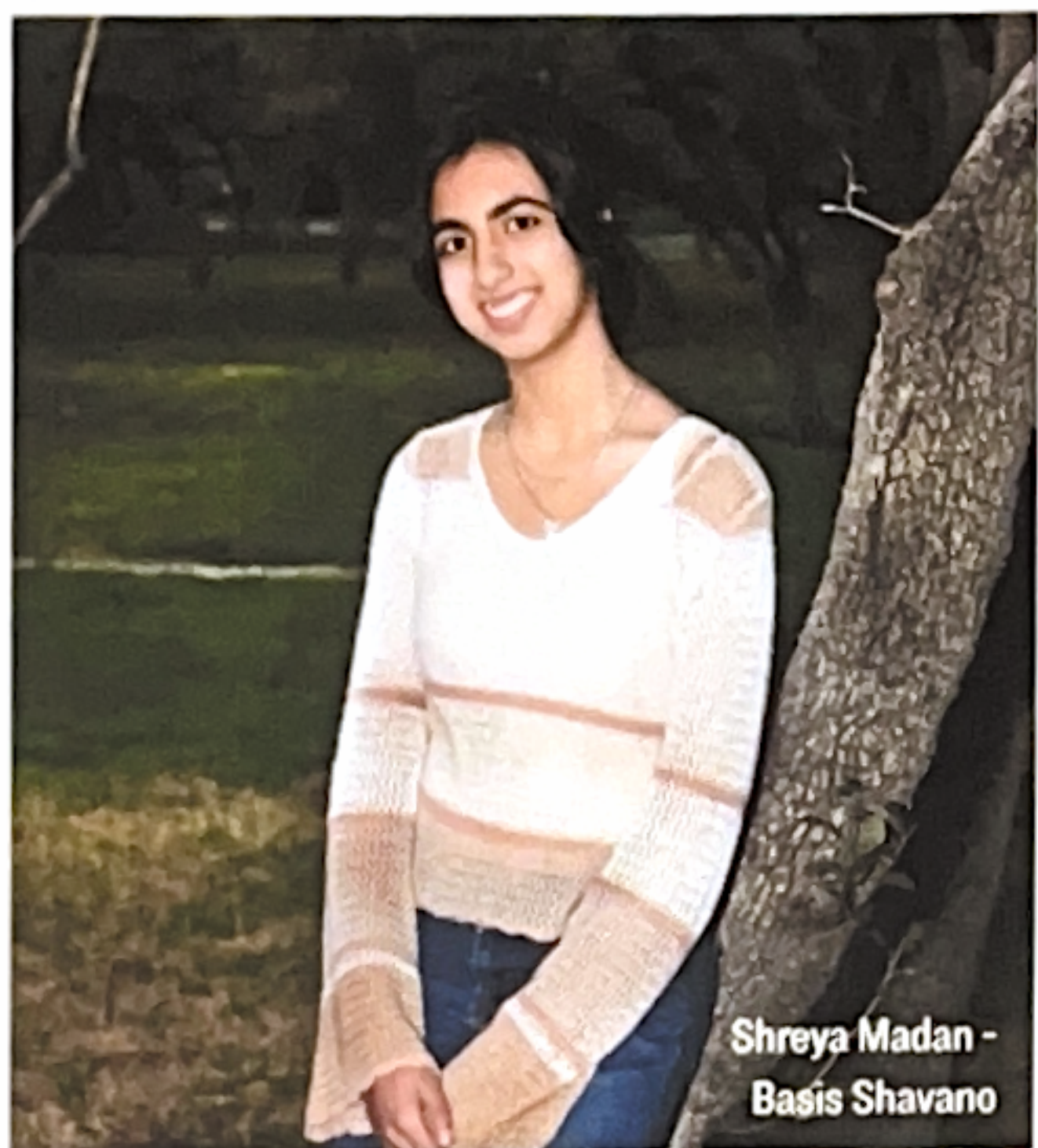
Meet the
'High Schoolers
for Health' Team

SHARING A COMMON GOAL

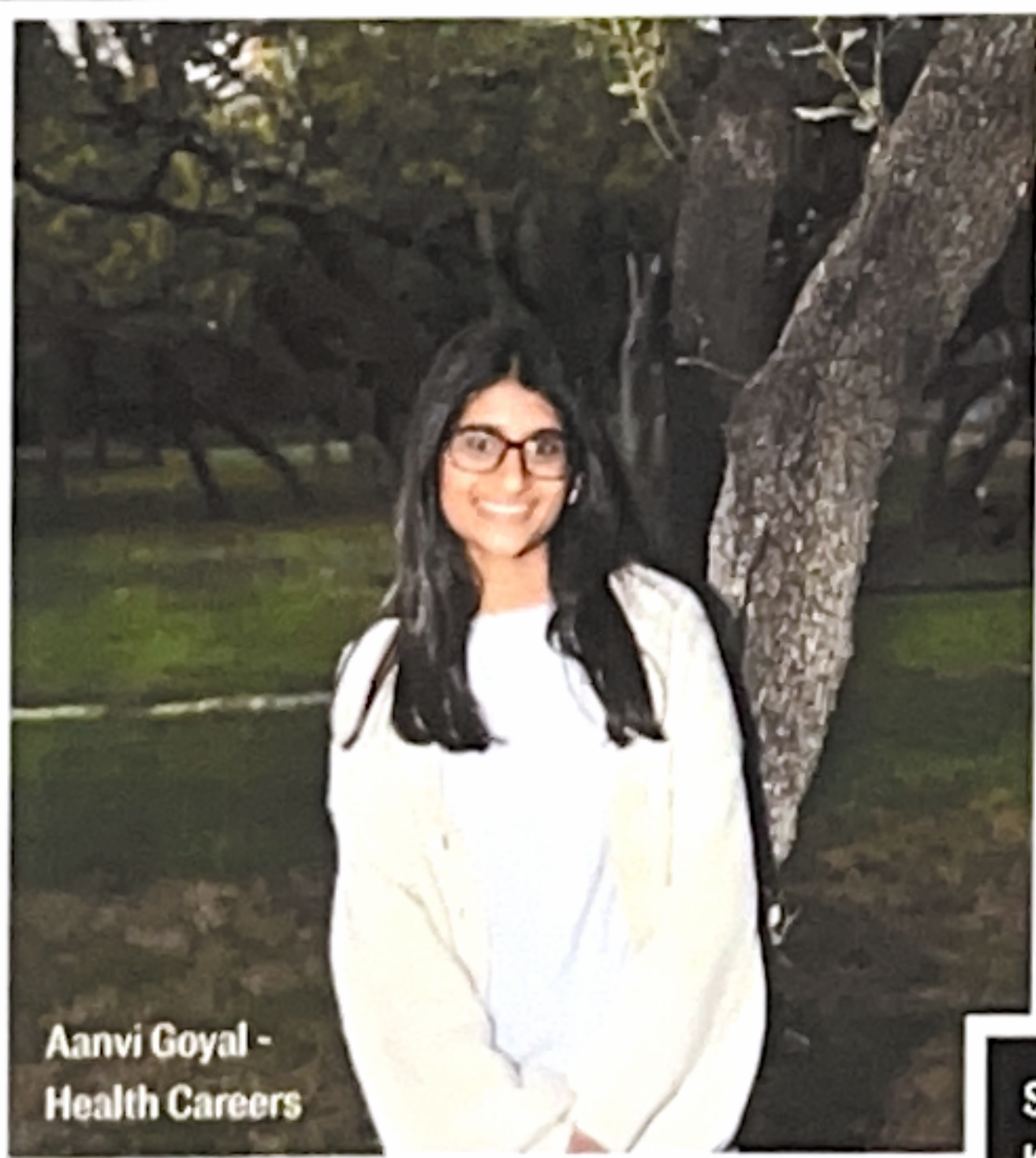
Debbie Weber Photography



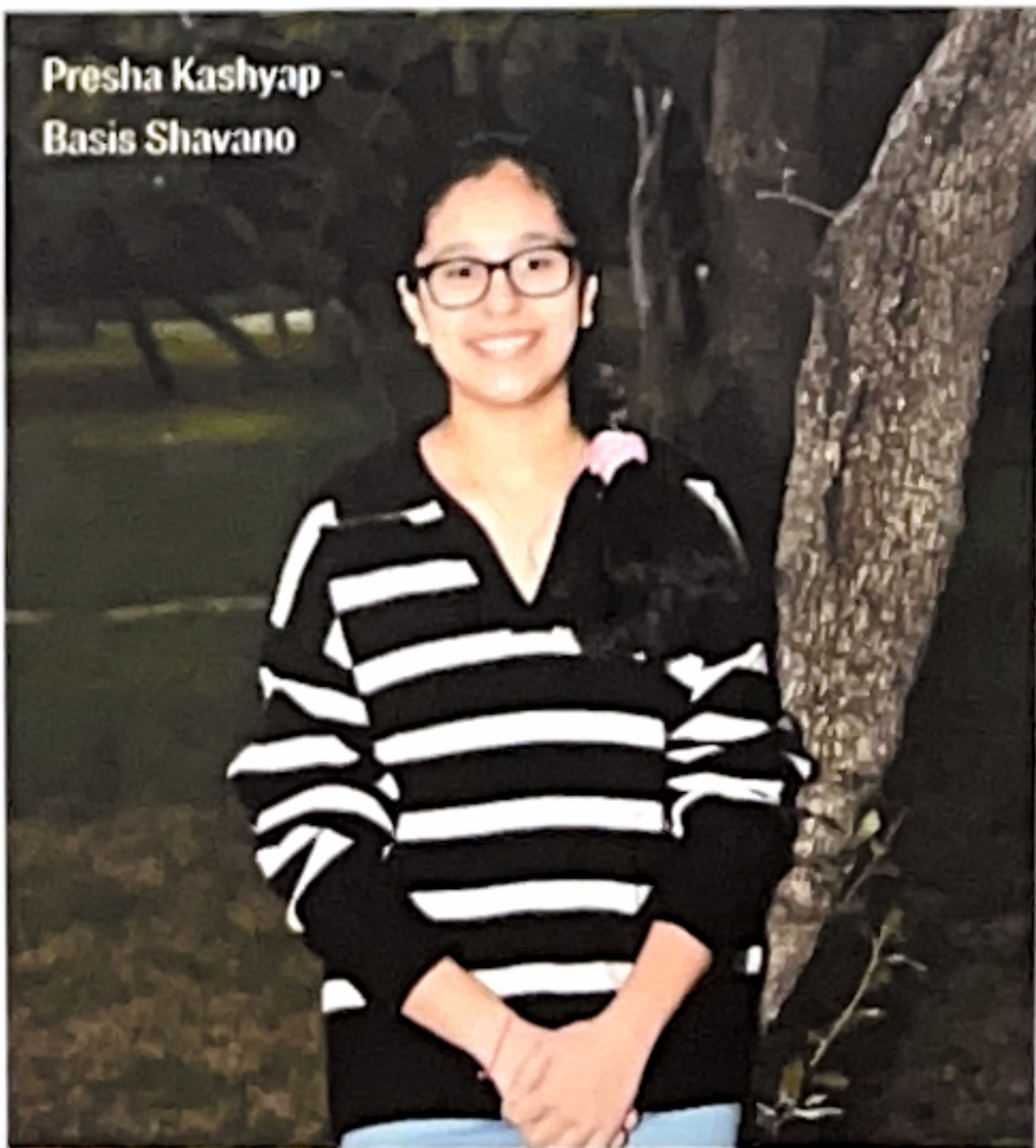
Mehar Singh -
Brandeis



Shreya Madan -
Basis Shavano



Aanvi Goyal -
Health Careers



Presha Kashyap -
Basis Shavano



Suhavi Kaur -
Keystone



Shalini Patel -
Reagan



MAKING A DIFFERENCE

HIGH SCHOOLERS FOR HEALTH

STEPPING UP TO RAISE AWARENESS ABOUT DIABETES

BY SHREYA MADAN

Hello! My name is Shreya Madan and I am a sophomore at BASIS Shavano High School. The summer of 2023 made a significant impact on my life. I began volunteering at the University Hospital, and it gave me a new understanding of the world beyond my usual routine. Until then, my focus was on school, family, friends, and the typical responsibilities of being a student. Volunteering introduced me to people facing serious challenges. Volunteering also introduced me to peers my age who were dedicating their time to making a difference. Their passion and dedication motivated me to take action and contribute in my own way.

Hiking and walking have always been a major part of my life. They've been my go-to activities to clear my mind and find balance. When I thought about how I could make a difference, organizing a 5K walk felt like a natural fit. At first, I didn't fully grasp how such an event could raise awareness or funds for a cause, but I decided to try anyway. With the support of my HOSA teacher, Ms. Hunnicut, the City of Shavano (which generously provided a free venue), and UT Health (which covered the remaining costs), I organized my first 5K walk in 2024 to raise awareness about living organ donation.

The event exceeded my expectations, with over 200 participants. Experts in organ transplantation gave educational talks, and individuals awaiting organ donations shared their heartfelt stories. It was incredible to see people come together to raise awareness about diabetes, creating a strong sense of community through fitness. That experience showed me that even small efforts can have a profound impact.

This year, I'm thrilled to continue the tradition with the second annual 5K run/walk, which is being organized by "High Schools for Health," a team of passionate high school students from across San Antonio. The team's focus this year is to raise awareness about diabetes. Last year, it was mainly my school organizing the event, with a lot of help from sponsors and others who supported the cause. This year, the new team is excited to grow the event and reach even more people.

The High Schools for Health team members are: Shreya Madan- BASIS Shavano; Presha Kashyap- BASIS Shavano; Kiera Hitchman- Reagan High School; Shalini Patel- Reagan High School; Mehar Singh- Brandeis High School; Saanvi Goyal- Saint Mary's Hall High School; Aanvi Goyal- Health Careers High School; Suhavi Kaur- Keystone; Ava Arshad- Johnson High School.

Collaborating with students from different backgrounds has shown me how teamwork can amplify the impact of an initiative. Together, we're not just raising awareness and funds; we're also building a sense of unity among high school students who share a common goal—making a positive difference in our community. Our goals for the 5K run/walk are:

- Promoting healthy lifestyle habits, such as regular exercise and balanced nutrition.
- Encouraging early detection and effective management of diabetes.
- Raising funds for research and support programs to benefit those living with diabetes.

HERE'S WHAT'S IN STORE FOR THIS YEAR'S 5K:

Inspiring Speakers: Doctors and researchers specializing in diabetes care and prevention. Individuals living with diabetes sharing personal stories of resilience.

Fundraising for a Cause: All proceeds will go to the Texas Diabetes Institute at University Hospital, supporting patients with limited resources.

THERE ARE SEVERAL REASONS WHY YOU MIGHT WANT TO PARTICIPATE:

- **Learn and Grow:** Gain valuable knowledge about diabetes and its impact on individuals and communities.
- **Adopt Healthier Habits:** Get inspired to incorporate regular exercise and better nutrition into your daily life.
- **Build a Stronger Community:** Join others in supporting a meaningful cause while fostering connections.

DETAILS OF THE 2025 HIGH SCHOOLS FOR HEALTH 5K WALK/RUN ARE:

Location: Shavano Park City Hall, 900 Saddletree Ct, Shavano Park, 78231

Date & Time: Sunday March 2nd, 9-11:30am

Registration: <https://forms.gle/Smq24LUew6Ry9Rc38>

Use the attached QR codes to register for the 5K and to donate to the Texas Diabetes Institute.

We hope to see you there!



Make a Donation



Register for 5K