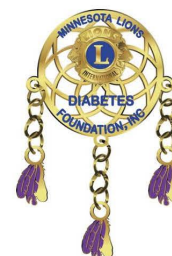


November

National Diabetes Month

More than 38 million Americans have diabetes.

More than 97 million Americans are pre-diabetic.



STRIDES for Diabetes Awareness

Minnesota Lions Diabetes Foundation

Physical Activity Challenge

November 1, 2024 – January 1, 2025

Register / Donate at MNLionsDiabetes.org

Registration opens November 1, 2024

Commit to a minimum of 15 miles of activity each month. (2,000 steps = 1 mile) You choose your:

- **Activities**
- **Days and times**
- **Locations (indoor / outdoor)**

Be active on your own.

Be active with a team.

Physical activity, and healthy food and beverage choices, are key to preventing diabetes and improving health.



Net Proceeds benefit Minnesota Lions Diabetes Foundation, Inc.

"Catch the Dream" ...Life without Diabetes!