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

Minnesota Lions Diabetes Foundation
STRIDES for Diabetes Awareness

February, March & April 2022
Commit to 15 Miles of Physical Activity a Month
2000 steps = 1 mile

You Choose Your Activity
Be active on your own
Be a part of a team

Register at: MNLionsDiabetes.org
Registration opens January 25, 2022

$25 Registration Fee
T-Shirts available

STRIDES FOR DIABETES AWARENESS

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

MINNESOTA LIONS DIABETES FOUNDATION, INC.

Net Proceeds benefit
Minnesota Lions Diabetes Foundation