



UFLOW's

Urban Future Leaders Of the World



WALK FOR *DIABETES*

WHEN: Saturday MAY 5th

Time: 10 am – 3pm

Where: Lake Merced Park (515 John Muir Dr, SF, CA)

MILLIONS OF PEOPLE ARE AFFECTED BY DIABETES EACH YEAR.

HOW CAN YOU HELP THIS EPIDEMIC?

YOU CAN JOIN US IN OUR EFFORT TO BRING AWARENESS TO DIABETES AND HELP FUND MONEY TOWARD PREVENTING ITS ONSET. PARTICIPANTS WILL JOIN TOGETHER TO WALK ONE LAP AROUND LAKE MERCED TO PROMOTE STAYING ACTIVE AND BRING AWARENESS FOR DIABETES. WALKERS CAN RAISE MONEY THROUGH GENEROUS DONATIONS FROM FRIENDS AND FAMILY. 100% OF THE MONEY RAISED WILL GO TO *DANCE OUT DIABETES*. DANCE OUT DIABETES' MISSION IS TO PREVENT AND MANAGE DIABETES THROUGH DANCE, EDUCATION, SUPPORT AND INCREASED ACCESS TO CARE. VISIT WWW.DANCEOUTDIABETES.ORG IF YOU WISH TO LEARN MORE! CERTIFIED DIABETES EDUCATORS FROM *DANCE OUT DIABETES* WILL BE AT THE EVENT TO SHARE INFORMATION ABOUT THEIR FREE SERVICES, INCLUDING THEIR NEW WELLNESS PROGRAM THAT OFFERS CASH INCENTIVES. A DIABETES RISK TEST AND BLOOD PRESSURE SCREENING WILL BE OFFERED. STUDENT VOLUNTEERS WILL BE PRESENT AT THE START LINE TO EDUCATE PARTICIPANTS ON HOW TO EAT HEALTHIER AND WHAT A HEALTHY DIET CONSISTS OF.

ALL IS WELCOME.

THE PREVENTION OF DIABETES IS ONE STEP

Contact Us With Any Questions!

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