

“Catch the Dream”

...Life Without Diabetes!

Minnesota Lions Diabetes Foundation

STRIDES for Diabetes Awareness

February, March & April 2023

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

Registration opens February 1, 2023

**Register Online by clicking on link below
or visit MNLionsDiabetes.org:**

[Physical Activity Challenge registration & info link](#)

\$30 Registration Fee
T-Shirts available

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

**Net Proceeds benefit
Minnesota Lions Diabetes Foundation**

