

Another Hood College Healthy “U” Activity

**Mark Saturday, October 14th on your calendar.
Plan to join us for the Annual Diabetes Walk
in support of the American Diabetes Association.**

This 3 mile walk is a great opportunity for you to enjoy time outdoors, get some great exercise, meet fun people, and best of all—support the 26 million people in the United States living with diabetes. The American Diabetes Association provides information and resources to help every child, every adult and every family adjust to life with diabetes.

What: Annual Diabetes Walk, Step Out: Walk to Stop Diabetes

Where: Baker Park

When: Saturday, Oct. 14th, (Check in—noon, Walk begins--1:00pm)

Come join the Hood College *Step Out* Team.

***To participate, click on the link below as the first step in helping to fight diabetes together.
http://main.diabetes.org/site/TR/StepOut/A1MND-MarylandArea?team_id=537695&pg=team&fr_id=8338

***If you can't participate, but still would like to support the team by making a monetary donation, click on the link above and then click on a team member. Then find the red box that states “Click Here to Sponsor Me.”

Thanks in advance for your interest and we hope to see you there.

JoAnne Bodine
Team Captain, Step Out: Walk to Stop Diabetes

Here is a link for more information about the week-long Step Out program in Frederick:
http://main.diabetes.org/site/TR/StepOut/MarylandArea?pg=entry&fr_id=7810