



*“Catch the Dream”
...Life Without Diabetes!*



**STRIDES
for
Diabetes Awareness**

**Minnesota Lions Diabetes Foundation
Physical Activity Challenge**

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 or be a part of a team.

Donate or register any time February 1 – April 30, 2023.

Lions Club Name _____ Lions District _____

Challenge Team Name _____

Name _____

Street Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Donation Amount
\$1,000 _____ \$500 _____ \$250 _____ \$100 _____ \$50 _____ \$30 _____ Other _____

Mail to:
Lion Mike Edwards, Minnesota Lions Diabetes Foundation, 11070 16th Street N.E., St. Michael, MN 55376

Net Proceeds benefit Minnesota Lions Diabetes Foundation
MNLionsDiabetes.org

Thank You for Your Support!