

## **Lap the Map for Diabetes**

## Month of November

This World Diabetes Month, November \_\_\_\_\_, we are calling all New Zealanders to 'Lap the Map' for diabetes prevention. Can you help us walk a combined distance surpassing the perimeter of the New Zealand coastline? (15,000km).

Lions Clubs across the country will be hosting family friendly walks and community events to promote a healthy lifestyle and raise awareness of diabetes in New Zealand.

It doesn't matter how far you walk or run, it's about being involved, getting active and moving together.



All funds raised will go towards diabetes awareness and prevention.