



“**ID**ecide To Fight Diabetes.”

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In The Battle Against Diabetes, I Can Do A Lot In A Day. Be a part of our ID day event—learn how you can help fight diabetes through easy-to-use tips on nutrition, exercise, and smart choices for a healthier, more active life. It is a day of action where you and others can show your support in the fight against diabetes. By pledging \$5, you can participate in the ID Day and wear tennis shoes at work to show your support. Your contribution will support the American Diabetes Association’s mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes through research, information and advocacy. Be a champion! Purchase and wear an “I Decide To Fight Diabetes” signature charm as a symbol of your passion and commitment in the fight against diabetes. Buy one today at diabetes.org/IDecide.

I Decide Day is taking place on at

To sign up today, contact.

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