



STRIDES for Diabetes Awareness
 Minnesota Lions Diabetes Foundation
Physical Activity Challenge
 November 1, 2024 – January 1, 2025



Offline Registration Donation Form

Two ways to donate / register:

- Turn in bottom portion of this flyer *or*
- Register and donate online at:
<https://secure.ggiv.com/event/mnlionsdiabetesstridesnov2024/>

\$30 Registration Fee. T-Shirts available.
 Contact your District Trustee to sponsor.

Physical Activity Challenge

Be active on your own. Be active with a team.

- Commit to a minimum of 15 miles of activity each month (2,000 steps = 1 mile)
- Donate or register between November 1, 2024 and January 1, 2025.
- More information at: MNLionsDiabetes.org

Lions Club Name: _____ Lions District: _____

Challenge Team Name: _____

Your Name: _____

Your Address / Street: _____

City: _____ State: _____ Zip: _____

Your email address: _____ Your Phone: _____

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

Make Check Payable to: Minnesota Lions Diabetes Foundation
Mail form and check to: MLDF Treasurer, 11070 15th Street N.E., St. Michael, MN 55376.



Net Proceeds benefit Minnesota Lions Diabetes Foundation, Inc.
"Catch the Dream"...Life without Diabetes!