



# Metro-East Step Out: Walk to Stop Diabetes

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Over 10% of Metro East residents have been diagnosed with diabetes. Every dollar raised through Step Out plays an important role in supporting the Association's mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The Metro East Step Out: Walk to Stop Diabetes allows individuals with diabetes and their families to be a part of a community, to provide support for those living with diabetes, and to remember those lost to this devastating disease. Register now at [www.diabetes.org/stepoutmetroeast](http://www.diabetes.org/stepoutmetroeast) then Walk with us on October 5 at SIU Edwardsville.