



**GLOBAL DIABETES WALK**  
WORLD DIABETES DAY **14 NOVEMBER 2008**  
[www.globaldiabeteswalk.net](http://www.globaldiabeteswalk.net)



Everyone is at risk from diabetes – even you!  
One of the easiest ways of reducing your risk is to walk 30 minutes every day.

On 14 November 2008, people from all over the world are taking part in the Global Diabetes Walk and celebrating World Diabetes Day.

Come and join us in creating awareness of diabetes. Find out how to join at; [www.globaldiabeteswalk.net](http://www.globaldiabeteswalk.net)  
Please pass this message on to everyone you care about and help us spread the word.

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