



# GLOBAL DIABETES WALK

**UNDERSTAND DIABETES AND TAKE CONTROL**  
WORLD DIABETES DAY **14 NOVEMBER 2009**

[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 2009, 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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