

Form a Team at Your Company

DIABETES AFFECTS EVERYONE

- Diabetes is serious business and it is taking a devastating toll on our country.
- It's a life threatening chronic disease that can lead to serious complications including heart disease, blindness, kidney disease and amputation.
- It costs our country more than \$174 billion annually — \$116 billion in direct costs for medical expenditures and another \$58 billion in indirect costs including reduced productivity, disease-related disability and increased absenteeism. Everyone pays the price for diabetes, including you and your company.
- More than 20 million Americans are already afflicted with diabetes, and more than 50 million others are at risk. In 2007 alone, diabetes claimed more than 284,000 lives.

YOU CAN HELP US DO SOMETHING ABOUT IT

- The American Diabetes Association is taking aim at eradicating diabetes through events like Step Out: Walk to Fight Diabetes, a fun, energetic fund-raising walk in your community.
- You can join the fight by forming a team at your company.

Form a Team Now

Each step you take brings us closer to a cure. To register a team or learn more about joining a Step Out: Walk to Fight Diabetes event in your community, visit diabetes.org/stepout or call your local American Diabetes Association office at **1-888-DIABETES**.



There are Plenty of Good Reasons to Form a Step Out Team at Your Company

GOOD FOR YOUR COMMUNITY

- Step Out provides a great opportunity for companies like yours to get involved in your community, raise awareness about this devastating disease and raise funds to find a cure.

GOOD FOR YOUR COMPANY

- Forming a Step Out team promotes company-wide team building, improves morale and encourages fitness and a healthy lifestyle among your employees.

GOOD FOR YOUR EMPLOYEES AND THEIR FAMILIES

- Step Out is a fun and inspirational event your employees will enjoy.



Take the Next Step ...



Form a Team Now

The passion and commitment of your employees can make a big difference. To register a team or learn more about joining a Step Out: Walk to Fight Diabetes event in your community, visit diabetes.org/stepout or call your local American Diabetes Association office at **1-888-DIABETES**.