



**DIABETES
CANADA**

LACE UP
TO END DIABETES

Every September, thousands of Lacers from coast-to-coast-to-coast take the **#LaceUpYourWay** challenge to raise funds and awareness for Diabetes Canada.

Together we make a daily habit of walking, running, riding, and moving to support the 1 in 3 people across Canada affected by diabetes or prediabetes.

What makes Lace Up unique



Accessibility: Anyone at any fitness level or ability can join Lace Up. You pick the type of activity and you set your goals for distance or daily streak!



Community: Lace Up unites participants from both the T1D and T2D communities. We cheer you with inspirational stories and diabetes education as you share your journey and earn fundraising rewards.



Flexibility: As a hybrid event, you can decide if you want to do activities together in-person, or remotely through the Lace Up app.

Scan the QR code to learn more and join Lace Up!



Join the movement today

laceup.diabetes.ca