



School Walk for Diabetes is an educational fund-raising program that teaches students the benefits of healthy living, community service and school spirit while raising money for the **American Diabetes Association**. Through the program, children learn life-long lessons about diabetes and making healthy choices, such as eating good-for-you foods and exercising every day. **School Walk for Diabetes** helps to fund essential programs aimed at curing diabetes, preventing its onset and improving the lives of those affected by diabetes.

Rockenbaugh Elementary and Eubanks Intermediate are hosting our third annual **School Walk for Diabetes** on **Wednesday, November 4th at 4:00** in honor of Jackson and Ryan (both former RES students, now 5th graders at Eubanks) and any others within our district. Attached is a letter from Jackson that will touch your heart, provide insight to a diabetics life and hopefully convince you to join our walk. His letter was sent to many people in research and funding for diabetes. Jackson was asked to be a guest speaker at the American Diabetes Kick-off Breakfast last spring and read his letter. Please take just a moment to do the same.

We are inviting ALL Carroll ISD families and anyone in Southlake and the surrounding communities to join us in supporting the American Diabetes Association. The registration fee is \$5.00 (you can donate more) which includes a free **School Walk for Diabetes** water bottle for the first 250 people to register.



Where: Rockenbaugh Elementary (front of the school)

301 Byron Nelson Parkway, Southlake, Texas 76092

When: Wednesday, November 4th at 4:00 pm

Why: To elevate an awareness about diabetes, to raise funds to combat Diabetes, and to help yourselves through proper diet and exercise.

All funds from registration and additional donations will be given directly to the **American Diabetes Association**. Please join us in the walk and in the fight against diabetes. The School Walk for Diabetes course will be approximately 3 miles starting and ending at Rockenbaugh Elementary.

It will be very similar to our Run the Rock 5K route.

Please wear athletic shoes and bring drinking water or a sports drink.

We will not be providing drinking water.

The **American Diabetes Association** has a website for those interested in learning more about Diabetes or would like to raise additional funds.

It is www.diabetes.org/schoolwalk.

If you have any questions/suggestions please contact Tricia Pate at patet@cisdmail.com or call 817-949-4707.