



## **MD19 DIABETES AWARENESS REPORT**

October 2 & 3, 2025

Council Chair and Council,

Continuing on as the MD Diabetes chair I will continue with the newsletters and of course now that the four districts other than mine now have heard about the fitness challenge, we will continue on with the Step Challenge starting in October. All that information has been submitted to the Districts and the Border Crossing. Once started, updates will appear in the monthly newsletter until completion. Who will receive the “Golden Runner” in May 2026? Get your teams ready!

It has always been a challenge speaking to clubs and getting the news out there regarding awareness to this global epidemic. If I were not secluded on an island where it cost \$100.00 ca each just to get on and off, I would travel to as many clubs as I could with my famous Sugar Board and speak to the clubs about diabetes. As is, I can only get to the clubs in the southern part of Vancouver Island. This is not a fun disease once you have it. But for those who don't think they have it, check, you may have it and it's hidden until one day you don't feel well. No such thing as borderline, you are either pregnant or not!

The monthly newsletters and the Step Challenge hopefully will bring awareness to those of us Lions so we have a little more knowledge to pass on to our clubs. November is World Diabetes Awareness month. Hopefully all clubs are doing something in their communities to spread the awareness. Contact me for information.

Respectfully Submitted  
PDG Georgia D Medwedrich  
District L & MD19 Diabetes Chair

