



AMERICAN DIABETES MONTH

American Diabetes Month is an opportunity to recognize all of the mothers, fathers, children, and friends who live every day with diabetes or prediabetes. For the rest of November, thanks to the generous Garland family, **all donations up to \$100,000 will be matched!** Help us rally together and raise awareness by donating today!

[CLICK HERE TO
DONATE TODAY!](#)

TOUR DE CURE

Registration for our annual cycling event, **Tour de Cure**, is now open! Click 'Visit' below to visit our website, register to ride, start a team, and help us reach our fundraising goal!

[Visit](#)

STATE OF DIABETES RECAP

November 14th marked our first annual State of Diabetes event! We had over 130 participants, and are so grateful to have engaged in meaningful discussions about the physical, mental, and fiscal costs of diabetes, and how it impacts both employers and employees. Thank you to all of our sponsors who invest in our mission - we are so appreciative of you!



Delta Dental of Washington



DEAR AMERICAN DIABETES ASSOCIATION FRIENDS,



As we wrap up another year, I wanted to take a moment to express our sincere gratitude for your continued support and engagement with American Diabetes Association PNW. We are so appreciative of this community and the way you all continually show up to support each other, and support our fight to end diabetes.

Thank you for being a part of our community. We wish you a happy holiday season and a prosperous New Year!

Best Regards, *Meagan Darrow*