



Join Calvin & Gezell Fleming and the
LABOR OF LOVE STEPPERS for
STEP OUT: WALK TO STOP DIABETES
 Saturday, October 29, 2011
 Symphony Park – Charlotte, NC

Together we can Stop Diabetes. One step at a time.

We are walking and raising funds for the signature fundraising walk for the American Diabetes Association, Step Out: Walk to Stop Diabetes. Every step we take and every dollar we raise will make a difference in the lives of 25.8 million Americans living with diabetes.

My personal diabetes journey began in 1990 - an insurance health exam revealed that I had Type 2 Diabetes. My life was immediately placed at a crossroads. What was I going to do from that point forward? I could choose to go down Make-Believe Boulevard and pretend that my diabetes did not exist. Or, I could proceed down Proactive Avenue and see where that would lead. For me, that was the only viable option.

Today, I'm fulfilling my purpose – as a personal trainer, motivator, and martial artist. My wife, Gezell, and I are the founders of Labor Of Love Personal Training, an interpersonal training facility where we inspire and help people begin again.

What can you do to help?

- Join our team and help us Stop Diabetes by raising funds to reach our goal!
- Make a donation to support one our team members! No matter how small or large, your generous donation will help us stop diabetes.

Either way, you will be helping the Association provide community-based education programs, protect the rights of people with diabetes and fund critical research for a cure.

Did you know that 1 in 3 children in the United States face a future with diabetes?

The Association works everyday to change the frightening future that diabetes has in store, but we need your help. Please make a donation or join our team.

Who else do you know that has diabetes? Please make a donation on their behalf. Or ask them to join you as we walk to Stop Diabetes!

PLEASE visit OUR LABOR OF LOVE STEPPERS TEAM WEBSITE:

<http://main.diabetes.org/goto/LaborOfLoveSteppers>