

# Bowl to Strike Out Stigma



Today 11 million Canadians have diabetes or prediabetes. That's one in three of us. Despite this staggering fact, it remains an invisible disease, hidden behind much misunderstanding and misconception. Spare some time and raise funds to strike out the stigma associated with this disease! Show people living with diabetes they are not alone.

## June is Bowl to Strike Out Stigma month

Start organizing and FUNraising in May for your bowling fun in June

### Create a team (or join one!) to start FUNraising and support a great cause!

- Family and friends
- Co-workers
- School groups, neighbours, local community members

## Every dollar raised is a strike to End Diabetes!

- Set a FUNraising goal and ask your everyday network to help you achieve it
- FUNraising efforts support education, programs and services as well as research that may lead to a cure for diabetes

## Incentives and prizes will keep you motivated!

- A cool retro bowling shirt for each person who raises \$250
- Trophies (and bragging rights) for the top three fundraising teams
- A pair of striking, personalized bowling shoes for the top individual fundraiser

#EndDiabetes #StrikeOutStigma  
[BowlforDiabetes.ca](http://BowlforDiabetes.ca)

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**DIABETES**



## Bowl your way!

You can hit the local lanes with your team, or get creative! No matter where you are or who you're inviting, there's a fun, easy way to take part. A few ideas include:

- Set up a desk bowling tournament at work - just grab a rubber ball and line up some plastic cup "pins"
- Go big. Rent an inflatable human bowling course
- Feeling nocturnal? Set up some glow-in-the-dark night bowling
- Beat the heat with Slip-n-slide bowling
- Do it all from your couch with a bowling video game

## Have fun

Name your team, create a theme, add some of your own fun incentives for best dressed, highest score and more.

## Spread the word

Share your team's successes and photos on Instagram, Twitter and Facebook using #StrikeOutStigma or #EndDiabetes to show your support and promote your event.

**Start today! Register and FUNraise at [BowlforDiabetes.ca](https://BowlforDiabetes.ca)**

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