



Join our movement to End Diabetes

Rally your colleagues as a **BLUE CREW** to Lace Up by fundraising in support of the 1 in 3 people across Canada living with diabetes or prediabetes. This year, we are challenging our teams to Lace It Up, Light it Up and Live it up at one of our in-person or virtual events.

Set a team fundraising goal and track your 5km together. After all, leading a Corporate Team is a wonderful way to do good and feel good. Here's why:



Facilitate team building and join us at an event that encourages your colleagues to Lace Up! Regardless of background, age or fitness level, everyone can come together as a team in support of a meaningful cause.



Improve employee engagement and demonstrate corporate social responsibility by supporting an initiative for the 1 in 3 people in Canada living with diabetes or prediabetes.



Show your commitment to health and wellness by promoting physical activity and time outside. Challenge departments or locations to go head-to-head with their fundraising and movement.



Share valuable information about diabetes and prediabetes while supporting education, advocacy and research led by Diabetes Canada.

Rally with your team

To show our gratitude and keep you pumped over the course of your fundraising, Team Captains will receive special perks for themselves and their teams. Including:

- Blue flashlights for teams that raise \$2000+ and individuals that raise \$500+.
- Several other great fundraising perks, from tuques to giant glow sticks and more!
- Special recognition for our highest performing teams both virtually and (if applicable) at our live events!

Join us and start your team today

Go to laceup.diabetes.ca and select between our in-person, community champion and virtual events. Once ready, choose the team option, ready your team and company pages, and get ready to Lace Up for the 1 in 3 people across Canada affected by Diabetes.

