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## **Walk or Run with Team Diabetes in Rio!**

Travel with Team Diabetes to this beautiful destination. Walk or run a full marathon or shorter distance.

Be part of a team that is making a difference in the lives of more than 9 million Canadians living with diabetes or pre-diabetes.

**Take part in an Information session on  
January 19, 2012 @ 7:30pm**

Bailey's Restaurant  
185 Lombard St.

\* Talk to guest speaker Steve Adams from HOT 103fm about joining him in Rio ! \*

RSVP to [kelvin.hollender@diabetes.ca](mailto:kelvin.hollender@diabetes.ca) or  
925-3800 ext 225

For more information !

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