

Did you know?

- ◆ Diabetes and its complications cost the Canadian healthcare system \$13.2 billion annually.
- ◆ Millions of Canadians have been diagnosed with diabetes and that number is growing rapidly.
- ◆ Incidence and prevalence increases with age.
- ◆ An individual who is overweight is twice as likely to develop diabetes.
- ◆ Obesity and hypertension are risk factors for diabetes.

You can help prevent type 2 diabetes by:

- ◆ Eating healthy foods
- ◆ Exercising regularly
- ◆ Controlling your blood pressure
- ◆ Maintaining a healthy weight
- ◆ Having an overall healthy lifestyle

Canadian Diabetes Association - LIONS National Liaison Committee

This committee consists of 10 representatives from BC, ALTA, SASK, MAN, ON, QC, NB, NS, PEI, and NL. Our mandate is to liaise with the Canadian Diabetes Association and determine the needs and future direction of Lions with the Canadian Diabetes Association.



APPLICATION



Harry A. Newman

Diabetes Award

diabetes.ca | 1-800-BANTING (226-8464)



Harry A. Newman *Diabetes Award*

Mr. Harry A. Newman was the first Canadian President of Lions Club International in 1924-1925. During this year Helen Keller challenged the Lions Clubs and Lions to become Knights of the Blind.

His son Tom Newman and family of Whitby, Ontario are pleased to have this award named after their father.

The award may be given to a Lion, Lioness, or Leo member (or club) in good standing in Canada, who has shown outstanding commitment to the Lions and the work of the Canadian Diabetes Association.

Each recipient of the Harry A. Newman Diabetes Award will receive an engraved glass award from the Canadian Diabetes Association, a Harry A. Newman lapel pin, and a personalized letter from the Canadian Diabetes Association Chair of the Board.

Each sponsoring club will receive a letter of thanks from the Canadian Diabetes for their donation and participation in this award.

How do clubs apply for a Harry A. Newman Diabetes Award?

1. An award is issued for a contribution of \$800.00 donated to the Canadian Diabetes Association designated for the Harry A. Newman Diabetes Award.
2. The total cost of the award must be contributed to the Canadian Diabetes Association in one lump sum.
3. You may give any number of awards in any given year to any designated person(s) or Clubs.
4. All proceeds will be used for diabetes research in Canada.
5. Awards will be processed upon receipt of the \$800.00 contribution.

Application Form

(Please print clearly)

Recipient's Name: _____

Sponsoring Club Name: _____

Sponsoring Club Number: _____

District: _____

Address to send to: (mailing address, no P.O. Box)

Requested by: _____

Phone number: _____

Fee Enclosed: \$800.00 Cdn

Make all cheques payable to Canadian
Diabetes Association/Newman Award

Canada Diabetes Association
National Office
1400-522 University Ave.
Toronto, Ontario M5G 2R5