



**Diabetes
South Africa**

Western Cape Branch

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LET'S GET HEALTHY – COME WALK WITH US...



"Understand Diabetes and Take Control"

The Global Diabetes Run/Walk in Cape Town

Saturday 19th November 2011

From 7am

The South Forecourt, Cape Town Stadium

This year the **Global Diabetes Run/Walk in Cape Town** is on **Saturday the 19th November from 7am**. It is set in and around the rejuvenated recreational area of Cape Town's new landmark, The Cape Town Stadium and the Green Point Urban Park.

The routes for the 5km and 10km run and walk will maintain its course along the Sea Point Promenade, starting and finishing at the South Forecourt of the Cape Town Stadium.

New additions to the event include a Corporate Relay Challenge which will see teams of 2 completing 5km each. Moms and Tots can enjoy a safe and scenic 3km walk in and around the Green Point Urban Park. This route is also ideal for wheelchair participants.

Free Health Tests on offer will include Blood Glucose, Blood Pressure, Eye Screening, Foot Screening, Body Mass Index, HIV and Haemoglobin. There will also be a great selection of stalls at our **Health & Lifestyle Expo** together with food, products and services. Some fantastic entertainment and lucky draw prizes including 2 Avalanche bicycles!

Come and celebrate your healthy future now!
Download an entry form at www.diabetessa.co.za
Enter on line at www.entrytime.co.za

There will be secure parking available at P3 and P5 near to the stadium and public parking on Beach Road, Bay Road and surrounds.

Further event information can be found on Diabetes S.A. website on www.diabetessa.co.za OR please contact Kelly on 083 301 3218 or eventswc@diabetessa.co.za

See you there!

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