

WHAT IS JDRF® ONE WALK?

The National Postal Mail Handlers Union has been a sponsor and a participant of the JDRF Walk to cure diabetes for nearly 25 years and we will continue to walk until Type One becomes Type None! Please support the Mail Handlers JDRF Team.

JDRF One Walk is a community celebration for those living with type 1 diabetes (T1D) and the research advancements we've all worked together to achieve. It's where dedicated families, friends and companies raise money to improve the lives of those living with T1D, until it is no longer a threat. More than ever, the JDRF One Walk isn't just about walking — it's about being a community and our commitment to finding cures for T1D. No matter where you are or what your walk looks like, you'll be surrounded by the T1D community cheering you on every step of your journey. We welcome everyone to join JDRF for an amazing nationwide celebration of coming together to change the future for everyone living with this disease.

JDRF One Walk is the largest T1D event in the world, raising more than \$1 billion for T1D research. For the first time ever, our goal is to walk 1.6 million miles in support of the 1.6 million Americans living with T1D.

As the leading global organization funding T1D research, JDRF's mission is to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications. By raising money and awareness, you'll help make a world without T1D a reality.

Due to COVID-19, JDRF will not be able to host in-person events for the 2021 Spring One Walk season. We are a community familiar with challenges and we will tackle this challenge the same way we always do, by leaning on one another,

by inspiring one another, and by remembering the reasons why we walk.

This year our walk will be held virtually, on Sunday, May 30, 2021. We encourage everyone to get registered and participate in the Miles Towards Mission challenges leading up to the walk. You can log any miles walked in your participant center. So sign-up and get your walk on.

Even if you can't walk with us, we still need your support. A dollar here and there adds up, no matter how small you may think it is, to someone with Diabetes it's a huge gift. Please visit the Mail Handlers JDRF One Walk team page linked at www.npmhu.org and donate today. Thank you in advance for your generosity.

