For Immediate Release

**Strides Press Release**

**Local Lions Promote Diabetes Awareness with a
Strides** **[Walk, Run, 5K, Cycling, Dance, Zumba] Community Event**

[Location, Date]: **-** The [Hometown] Lions Club will host a ***Strides*** Community [Walk, Run, 5K, Cycling, Dance, Zumba] event on [date] at [place of event]. Participants can register online at: [website address].

The [Hometown] Lions Club invites community residents of all ages to participate in this event, which will benefit the [name of local charity or Lions project]. Registration for the event is [free or $\_\_ per person]. All participants will receive a “gift bag” filled by local event sponsors.

The ***Strides*** [Walk, Run, 5K, Cycling, Dance, Zumba] event starts at [time] with participant on-site registration beginning at [time] for those not pre-registered. The registration station will be set up at [location, near the starting line].

“Gather your family, friends and neighbors to register and join the [Hometown] Lions Club for this exciting event. ***Strides*** is an enjoyable way for the community to get together to promote healthy exercise in the fight against diabetes,” said Club President [name].

Following the ***Strides*** event, participants can visit sponsor booths to receive more information about the prevention and management of diabetes. Prizes will be awarded for [the most pledges raised, first to cross the finish line, and the most enthusiastic participant]. Complimentary water and healthy snacks will be provided.

For more information or to register online, please visit [Hometown Lions Club’s website address].

**About Strides:** Lions and Leos around the world organize ***Strides*** community events to heighten awareness about diabetes and to emphasize the importance of healthy exercise to prevent and manage this disease.

**About Lions Clubs International:** Founded in 1917, Lions Clubs International is the world’s largest service club organization with 1.4 million members in approximately 47,000 clubs in over 200 countries and geographical areas around the world. Our mission is to empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

**Media Contact:**

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