

## NATIONAL DIABETES AWARENESS MONTH

National Diabetes Awareness Month is observed every November to bring attention to diabetes and its effects on millions of Americans. As the leading global organization funding type 1 diabetes (T1D) research, JDRF leads the way to educate the public, and we hope the T1D community can help us spread awareness about what it means to live with T1D and raise funds to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications.

### IMPORTANT DATES



**T1Day**  
November 1

**World Diabetes Day**  
November 14

**Giving Tuesday**  
November 30

### MOVERS, SHAKERS, T1D CHANGEMAKERS

Movers and shakers are those with impact, influence, and great determination. This month we'll celebrate how far we've come and the changemakers that have helped get us there. Visit [jdrf.org/ndam](http://jdrf.org/ndam) to learn more about the #Movers, #Shakers, and #T1DChangemakers and spread the word with our photo filter and hashtags on social media.



### LEARN THE #DIABASICS



There are still misconceptions and a lack of understanding about T1D. Educate others by sharing myths and facts on social media or setting up a JDRF info table in a local store, your school, or work place.

For resources and more information about T1D, visit: [jdrf.org/t1d-resources/about](http://jdrf.org/t1d-resources/about).

### JDRF YOUR WAY

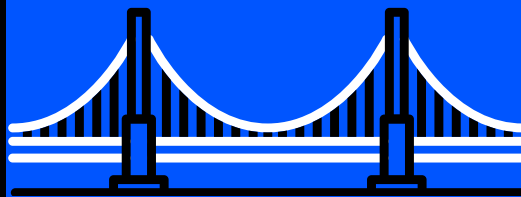


We want you to own our shared vision of a world without T1D. How you choose to join JDRF in achieving it is entirely up to you. We'll provide all of the fundraising tools, resources, and support you need to make it happen.

Engage people anytime and anywhere—whether they live next door or 2,000 miles away. Create your fundraiser today at: [yourway.jdrf.org](http://yourway.jdrf.org).

### LIGHT IT UP BLUE

Join our Light It Up Blue campaign and help raise awareness for World Diabetes Day, marked every year on November 14. Check out the participating landmarks in your area that will be lit blue: [bit.ly/NDAM2021](http://bit.ly/NDAM2021).

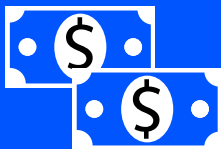


### SHOP TO SUPPORT JDRF

Make a purchase from one of our many partners to support JDRF this month, including AmazonSmile, Edible Arrangements, Garmin, and more! Check out all of our partners by visiting: [jdrf.org/shopandgiveback](http://jdrf.org/shopandgiveback).

Have a local store in mind that we can partner with? Contact us!

### DOUBLE YOUR IMPACT



Many employers offer matching gift programs and will match the charitable contributions or volunteer hours made by their employees.

To find out if your company has a matching gift policy, please visit [jdrf.org/matchinggifts](http://jdrf.org/matchinggifts).

### FACEBOOK FUNDRAISING

Fundraise with Facebook. It's as easy as 1-2-3! Use the JDRF Facebook application to collect donations, share information, and ask others to join you in your efforts.

Get started now through your existing participant center.



### HOLIDAY CARD APPEAL

Consider including a picture of you in your JDRF gear with your holiday cards this year and include a note about why you support JDRF and an appeal for their support.

You have until June 30, 2022 to collect donations for your 2021 fundraisers!