

ABOUT THE CHARLES H. BEST DIABETES CENTRE

The Charles H. Best Diabetes Centre for Children and Youth was founded in 1989 as a "first of its kind" community based program in Canada. It is dedicated to providing young people with Type 1 Diabetes and their families with ongoing education, management and support in managing this challenging health condition.

The Charles H. Best Diabetes Centre promotes positive integration of diabetes management into the daily life of children, adolescents and young and older adults and their families. Our specialized Nurse Educators, Dieticians and Counsellor provide comprehensive education and life skill instruction which is facilitated through individual sessions at the Centre and in the home. Our clinical staff are available 24/7 by pager to assist our families at times of illness, new diagnosis and other management issues. The staff are able to provide crisis prevention to our families while supporting them through these stressful situations that would likely result in visits and possible admission to hospital. If hospitalization is required we are able to shorten the stay markedly. Our staff respond within 1 to 2 hours of notification of a newly diagnosed child.

The 24/7 pager system is available to everyone responsible for the care of our children including daycare, schools, babysitters and extended family members.

Why participate?

- **Walk the beautiful trails at Heydenshore Kiwanis Park while supporting a great cause!**
- **BBQ lunch & refreshments**
- **Jumping Castle and Face Painting**
- **Games, Draws, Prizes and Giveaways**
- **Incentive Prizes for Funds Raised**

Schedule of Events

- **10:00 am - Registration**
- **12:00 pm - Welcome & BBQ lunch**
- **1:15 pm - Christy's "Best" Warm-Up**
- **1:30 pm "Walk for the Best" around the scenic Cullen Park**
- **2:30 pm - Snack time & Entertainment**

Please visit our website for more information:

www.charleshbest.com/events



**SERVING DURHAM REGION
AND THE SURROUNDING AREA**
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**A REGISTERED CHARITY
#13362-3295-RR0001**

Walk for the Best

**SUNDAY, SEPTEMBER 20, 2009
HEYDENSORE KIWANIS PARK
589 WATER STREET, WHITBY, ON**



**"Keeping Kids
with Type 1 Diabetes Healthy
until a cure is found"**

**A REGISTERED CHARITY
PROVIDING UNIQUE
ONGOING EDUCATION & SUPPORT
TO CHILDREN AND ADULTS
WITH TYPE 1 DIABETES**