



November 29, 2009

Diabetic Walk 2009 a huge success

They came out in large numbers to unite against Diabetes - the very young to the young at heart. Some came from as far as Mon Repos to be part of the 2009 Diabetic Walk which started at from Mega J and ended at Pigeon Island. The activity was certainly a successful one with over 600 persons walking in support of the cause. For the Saint Lucia Diabetic and Hypertensive Association (SLDHA), this was definitely an encouraging sign and an opportunity to increase public awareness about the disease.



The morning event started off at 6:00 am sharp with safety instructions to walkers, followed by an invigorating warm-up session which got everyone ready. By the time the police escort and outriders from Wayne's Motorcycle Centre arrived at 6:10am, walkers were all set and ready to go. From all indications, it was certainly one of fun and great camaraderie among participants which included: Dr. Stephen King a leading advocate in the fight against Diabetes, Radio Caribbean's DJ IWA who actively promotes walking for healthy living and Andre Chastanet Head of Super J IGA Supermarkets, the main sponsor of the Diabetic Walk. Volunteers from the Lion's Club (also a sponsor of the walk) and Super J were on hand at the four well positioned water stops, refreshing the walkers, cheering them on and cleaning up immediately after.

When walkers arrived at Pigeon Island, there was much in store for them. Apart from free bananas compliments the SLDHA, walkers were treated to samples of Crystal Light, a sugar-free beverage, ideal for diabetics and great for keeping energy levels up. Given the alarming incidence of Diabetes among the population, the SLDHA seized the opportunity to undertake diabetic screening and educate walkers about the dangers of the disease. The current edition of Fresh Magazine, which features valuable literature on Diabetes, was also distributed to walkers. Shawn's Spa was also on hand to give walkers a sample of their exhilarating, heavenly foot massages and other treatments.

One of the highlights of the walk was a grand draw for lots of prizes including Super J hampers and vouchers, dinners from Sandals, treatments from Shawn's Spa and diabetic testers. The day closed with water aerobics session by fitness instructor Pett Norville, who emphasized the importance of exercise and healthy living overall as a means to combat the disease.

“It was heartening to see people from all walks of life, coming together in a show of solidarity in support of the diabetes community. We are encouraged by the turn out and we believe that the message of Diabetes is gaining momentum among the populace,” said Mr. George Eugene, Executive Director of the SLDHA.

Many felt really good to have come out to support the event and from all indications are looking forward to next year’s event which is expected to be even bigger.