

'100 for 100' - Join the Celebrations !

SFBLF - Fighting Diabetes and Preserving a Legacy



2021 is the 100th Anniversary of the Discovery of Insulin

Hundreds of millions of lives have been saved globally

Hundreds of countries will join in celebrating the work of the Discovery team
This discovery, made in late 1921, at the University of Toronto, is Canada's gift to the world.
2021 is a special opportunity for all Canadians to honour and celebrate this lasting legacy.

A friendly challenge for all Canadians

Let's activate 100 responses across our country to celebrate
the 100th Anniversary of the Discovery of Insulin and
"Salute the Insulin Discovery Team"

Please Join the Celebrations - "100 for 100"

You can help Canada put its best foot forward to celebrate this 100th Anniversary.

Plan a friends, family, school, sports team, group or community-based event or project:

- **EXERCISE!** Organize a neighbourhood walk or run
 - * Add some fun with a 'Dog Walk': don't forget water and treats for your 4-legged friend
 - * Organize a special 'Celebration Game' for your sports team

Daily exercise is an important way to reduce your risk of Type 2 diabetes and equally important as part of daily condition management for those living with diabetes.
- **CREATE!** Organize an art contest for young folk to create a commemorative 'poster'
Sir Frederick Banting, co-discoverer of insulin and Canadian medical hero was a prolific artist. Demonstrate your artistic skills as a salute to Sir Fred.
- **INFORM!** Organize a diabetes awareness and prevention day at your school or workplace.
Download posters to support your event. bantinglegacy.ca/prevention-campaign/
Diabetes is a global pandemic and Type 2 diabetes is increasing rapidly among children and youth. Help each other to understand the risks and how to minimize them
- **COMPETE!** Take the '100th Anniversary Quiz'; can you do better than colleagues?
Earn a keepsake 'completion card'

Please tell us about your event, project or other action in support of the 100th Anniversary of the Discovery of Insulin. Send details to 100celebrations@bantinglegacy.ca and we will add a description to our '100 for 100' Celebrations page.

Watch our website for updates or contact info@bantinglegacy.ca

SFBLF needs your help now. Please help us succeed on the world stage.

DONATE at bantinglegacy.ca/support