

**JDRF | ONE WALK**  
FOR A WORLD WITHOUT TYPE 1 DIABETES **T1D**

walk.jdrf.org

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**SAVE THE DATE**  
IN THE MID-ATLANTIC!

**2023**

**HAMPTON ROADS** SATURDAY, 5/06  
**RICHMOND** SUNDAY, 5/07  
**BALTIMORE** SATURDAY, 5/20  
**DC & NOVA** SUNDAY, 5/21



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For more information and to register your team, visit [walk.JDRF.org](http://walk.JDRF.org)!

**f** DC- @jdrfmacdc  
VA- @jdrfmacva  
**ig** MD- @jdrfmacmd

