



Step Out® Walk

Join thousands of others in taking a powerful step toward better health, stronger communities, and a world without diabetes.

Step Out Walk is the American Diabetes Association's signature walking event—designed to inspire movement, build connections, and raise awareness in the fight to end diabetes.

Whether you're walking for your own health, for a loved one, or simply to be part of something bigger, Step Out is your chance to get active, feel empowered, and make a difference.

Let's come together—**one step at a time**—to prevent and manage diabetes and build a future free of its burdens.

Register today and join the **Step Out Walk** movement.



Tour de Cure®

Tour de Cure is more than just a ride—it's a movement powered by passion, community, and a commitment to end diabetes.

Whether you're a seasoned cyclist or just love the open road, Tour de Cure offers a **one-of-a-kind cycling experience**. It's your chance to prioritize your health, connect with others, and take action in support of millions affected by diabetes.

Join cyclists from across the country for a day that's energizing, empowering, and unforgettable.

Register now and ride with purpose in Tour de Cure.

