

High Strides Against Diabetes 5k and Fun Run: Opal's Farm and Joppy Mommas Farm are Joining Forces to Tackle Diabetes



**Check In at Joppy Mommas Farm
(7724 Carbondale St, Dallas, TX 75216)**

November 4, 2023

Dallas, Texas Oct 10, 2023 ([Issuewire.com](http://www.Issuewire.com)) - High Strides Against Diabetes (HSAD) is dedicated to raising awareness and funds to construct farm stands in food deserts to promote healthy eating habits and diabetes awareness. Joppy Momma's Farm and Opal's Farm are proud to announce the High Strides Against Diabetes 5K and Fun Run on November 4, 2023, at 8 a.m. followed by a Block Party at

10 a.m. This event aims to make a significant impact on the fight against diabetes, a chronic disease affecting over 420 million people worldwide.

Diabetes knows no boundaries; it affects individuals of all ages, races, and backgrounds, often leading to severe complications such as blindness, kidney failure, and heart disease. As the prevalence of diabetes continues to rise, our commitment to making a difference in people's lives grows stronger.

"At High Strides Against Diabetes, we understand the urgency of this global health challenge," said Kim High, spokesperson for the HSAD. "Our mission is to raise funds to build a farm stand in our community. This will provide our community with education, and advocacy to combat diabetes and improve patient outcomes. High Strides Against Diabetes 5K and Fun Run represents our dedication to making a real difference."

Registration for the High Strides Against Diabetes 5K and Fun Run is now open and can be completed online at joppymommas.org. The \$35 registration fee includes participation in the event, a commemorative t-shirt, and access to post-race refreshments and festivities.

This event brings together two organizations dedicated to the fight against diabetes: Unity Unlimited, Inc.'s Opal's Farm and Joppy Momma's Farm. Together, they are committed to supporting diabetes education programs, increasing access to fresh, healthy food options, and advancing critical diabetes research.

Diabetes is a global health crisis that requires a collective effort to overcome. High Strides Against Diabetes invites the community to join us in making strides toward a healthier future for all. By participating in this event, you directly contribute to our mission.

For more information about the High Strides Against Diabetes 5K and Fun Run and to register, click [here](#).

Media Contact

Unity Unlimited, Inc. / Ms.Opal Lee

daria@hookenterprises.com

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