

# 2023 Fall Diabetes Awareness Walk and Health Fair in Long Beach

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LONG BEACH, CA, USA, August 26, 2023 /EINPresswire.com/ -- Each year, the Clarissa Manuel Foundation (CMF) sheds light on the health risks associated with high blood sugar levels and complications with [Diabetes](#). In preparation for Diabetes Awareness Month ahead, CMF will host a Diabetes Walk and Health Fair. This event will be held Saturday, October 28th, 2023.

Location: Houghton Park  
Date: Saturday, October 28th, 2023  
Address: 6301 Myrtle Ave, Long Beach, CA 90805  
Time: 9 AM to 1 PM (Check-in at 8:30 AM)  
Register @ [www.clarissamanuelfoundation.org](http://www.clarissamanuelfoundation.org)

The walk will be packed with information, fitness tips and great opportunities to support the foundation's growing programs. There will have raffles, stretch and meditation startups, drink and snack pit-stops and fun for kids too!

Participants will have the opportunity to pledge donations and walk to represent family, team or the [community](#). Fun for the entire family! All are encouraged to wear [Halloween](#) costumes or tutus.

The Clarissa Manuel Foundation Diabetes Walk and Health Fair is a fundraiser for health initiative programs and events that are provided to the community. A portion of the proceeds will go towards the American Diabetes Association. To register or to learn more about this event,



visit [www.clarissamanuelfoundation.org](http://www.clarissamanuelfoundation.org).

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