

2026 MILDRED RHOADES

Diabetes Prevention Walk



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Join us as we honor Mildred Rhoades, remember loved ones lost to diabetes, and support those living with it.

Together, we walk for awareness, prevention, and a healthier community.

FRIDAY

May 8, 2026

11am - 1pm

Every step matters.

**Redding Rancheria
Tribal Community Center**

RSVP:

530-262-6918

**Community
Health**

**REGISTRATION IS FREE
AND INCLUDES A
CATERED LUNCH**

**Opening ceremony
Short walk: .5 miles or
Long walk: 2 miles
Lunch w/Guest
speakers**