



Diabetes Youth Families supports those affected by type 1 diabetes so they may lead full, healthy, beautiful lives, NOW!

Our adventure programs in California's High Sierra Wilderness take you further into the outdoors and empower you to take the next step in your diabetes self-management journey.

COMMUNITY WHITEWATER RAFTING



DATE: SEPTEMBER 4-6

LOCATION: LOTUS, CA

Age 18+ or 10+ with an adult are invited to join us for a fun and thrilling weekend of whitewater rafting down the South Fork of the American River over Labor Day weekend.

- This program is in partnership with Environmental Traveling Companions (ETC), who will provide the river guides and basecamp.
- Bring your camping gear or borrow some from ETC and **we'll take care of the food, rafting equipment, and activities.**
- Plus, our camp staff and medical team will be there to help with **diabetes care** and provide support on and off the water.

Visit [DYF.org](https://dyf.org) to find out more information and register now!

