

# Your JDRF One Walk Memory Jogger

Who can you ask to support your Walk to create a world without type 1 diabetes?  
The short answer is anyone! Check out this list of people you can ask and start contacting your supporters.

## Family & friends

- Parents
- Grandparents
- Brothers
- Sisters
- Aunts
- Uncles
- Cousins
- In-Laws
- Best man
- Bridesmaids
- Children's friends' parents
- University friends
- People from past jobs
- People I grew up with
- Play sport with
- Neighbours
- Partner
- School friends
- Overseas family and friends

## Acquaintances

- Accountant
- Barista
- Butcher
- Personal trainer
- Auditor
- Babysitter
- Hairdresser
- Chiropractor
- Dentist
- Dietician
- Doctor
- Gardener
- Office cleaner
- Electrician
- Plumber

## Who else?

- OOSH
- Day care
- Bowls
- Church, Synagogue etc
- Bingo
- Chamber of Commerce
- Coffee shop
- Construction site
- Cooking class
- Council
- Deli
- Grocery store
- Footy club
- Government
- Garden Centre
- Golf course
- Gym
- Hospital
- Hotel
- Kennels
- Library
- Local band
- Local shops
- Market
- Night Club
- Nursing Home
- Pharmacy
- Post Office
- Probus
- Pub
- Restaurant
- Rotary Club
- School
- Tennis clubs
- Theatre
- University
- Volunteer group
- Yacht club
- Yoga
- Workplace

## Got some ideas? Note them down here

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**JDRF** | **ONE WALK**

#JDRFBlueArmy #typeonetotypenone

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