

Sadie's Walk is back!

FOR IMMEDIATE RELEASE

Kahnawà:ke Mohawk Territory — 16 Enniskó:wa/March 2026 — The KSDPP (Kahnawà:ke Schools Diabetes Prevention Program) Center for Research & Training in Diabetes Prevention invites the community to participate in **Sadie's Walk**, an event that promotes healthy lifestyles and supporting loved ones who are dealing with type 2 diabetes.

The 7-kilometre walk will take place on Good Friday, April 3, **starting at 10:00 am**, at the Kahnawà:ke Youth Center (KYC). **Registration will start at 9:00 am** and the first 50 participants will receive a free t-shirt! There will also be a shorter 5-kilometer course.

Rain or shine, everyone is encouraged to get outside for some fresh air and exercise. Come as you are or form a group of family, friends and co-workers for an invigorating social walk that will lift your spirits!

A healthy lunch and prize give away will begin at noon at the KYC following the walk.

“Sadie's Walk is an important step in reconnecting with the community and strengthening KSDPP's work in diabetes prevention,” said Coreen Delormier, Program Director, KSDPP. “It reflects the spirit of Sadie's legacy—bringing people together to support healthier, more active lives.”

“Keeping Sadie's Walk alive reminds families and Kahnawake to support the well-being of our children in fun ways as community,” said Alex McComber, Community Advisor, KSDPP; Assistant Professor, Department of Family Medicine, McGill University.

About Sadie's Walk

Sadie's Walk originated in Vernon First Nation British Columbia in 1996. The community of Vernon organized the walk to honor Sadie Muik, a dedicated Indigenous Diabetes Project Worker who tragically died in a vehicle accident on Good Friday in 1996, just 7 km from the Diabetes Project offices where she worked.

In her memory, **Sadie's Walk** has become an annual event held in Indigenous communities across Canada to raise awareness about diabetes prevention and to honour her commitment to community health. The walk continues her legacy by encouraging people to come together, stay active, and support healthier futures for Indigenous families and communities.

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