

Kyle Boutilier – LDUN Article

On March 24, I had the chance to visit New York City and attend the Lions Day with the United Nations. It was an exciting opportunity, where I was able to address all Leos and Lions in attendance during the lunch period about diabetes education. We began the presentation by partnering with the local Taoist Tai Chi group to demonstrate an easy and recommended exercise for those living with diabetes, Tai Chi. We then debunked some common misconceptions surrounding this disease, and briefly discussed the different types of diabetes. Finally, we presented some ways Lions can help educate and improve their communities, empowering each member to create a local action plan.

This was an exciting opportunity that allowed me to connect with Lions and Leos from around the world, and learn more about the great work of this organization. I would like to thank LCI for this opportunity to improve my leadership and public speaking skills.

Link to watch LDUN: <http://webtv.un.org/search/-part-1-lions-day-with-the-un-working-together-globally-to-combat-diabetes.-ldun/5757705938001/>

