

Dear AYUDA,

For almost five years I've been involved with AYUDA and Aprendiendo a Vivir. This has been, for me, one of the best things of my life. Ask the experiences I have had, all the extraordinary people I have met, people who have taught me how important it is to accept my condition and live knowing that there is more than just that in my life, that my life is not defined by diabetes. I have made friends, people that have become an important part of my life

and always will be. AYUDA has changed my life, the way I think, the way I see the world. I would never change the years I have been working with AYUDA for anything in this world. - Breiner J. Bastardo, San Pedro de Macorís, Dominican Republic



Wishing all of the AYUDA family a warm, safe, and happy Holiday Season. Thank you for your continued partnership and commitment to empowering youth to serve as agents of change in diabetes communities around the world. Together we have made a difference and together we are stronger. Juntos somos más fuertes!

AYUDA | 1700 N Moore St Suite 2000 | Arlington VA, 22209

Empowering youth to serve as agents of change in diabetes communities throughout the world

