

Dear AYUDA,

I have been a volunteer with Aprendiendo A Vivir for almost three years, participating in both in-person and online activities. This has been a very enriching experience where I have learned from, taught, and met a lot of different people.

AYUDA and Aprendiendo A Vivir have made a huge impact in my community, allowing people with diabetes to reach out and receive help and empowerment for their diabetes. Thank you to these two organizations for the experiences and knowledge you have brought, not only to me, but to the many people. You have touched their hearts and changed their lives, as well as mine.

Best regards and looking forward to our next activities together,
Beatriz Duke Vitienes



Beatriz (right) with AYUDA volunteer Mabelle Pasmooij at an En El Camino 2019 outreach

Wishing our AYUDA family a warm, safe, and happy Holiday Season and New Year. 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. Together we are stronger.

¡Juntos somos más fuertes!

