

JMU CLUB GOLF * WEARS WOODY

WHAT'S ACTUALLY IN A T1D

GOLFER'S BAG?

TAP TO FIND OUT →



**T1D
AWARENESS**

FAST FACT

1 IN 10

AMERICANS LIVE WITH DIABETES.

Type 1 is different — it's *not caused by diet*. It's an autoimmune disease where the body attacks its own insulin-producing cells.



LIFE-SAVING SNACK #1

GLUCOSE TABS

**When blood sugar crashes mid-round, there's
no "finish the hole first."**

These little tabs can reverse a hypoglycemic episode in minutes — they're not a snack. They're emergency medicine.

LIFE-SAVING SNACK #2

JUICE BOXES

15g FAST SUGAR

Same thing your kid drank at halftime in 3rd grade.

Now it's emergency medicine. That's the reality of T1D on the course.



LIFE-SAVING SNACK #3

PEANUT BUTTER CRACKERS

Slow-burning carbs + protein = the "perfect round" snack.

Stabilizes blood sugar over a full 18 holes. Not just fuel — it's strategy.

THE BIGGER PICTURE

T1D NEVER TAKES A DAY OFF.

Not on the course. Not at night. Not ever.
That's why awareness matters.



OFFICIAL COLLAB

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