

## Life Rocks, Let's Walk!

By Alvaro Macias

When you are about to smash your computer up against the wall at work because your login information will not work, Shari Tisinger is the person you call. With her cool and relaxed demeanor she shares her knowledge of complicated computer systems to help get her co-workers going for the day and keep them from possibly getting arrested for destroying work property.



Outside of work, she shares her knowledge and experience for a more noble cause that helps people lead more productive, healthier lives.

For seven years, Shari has been the Public Relations liaison for Step Out for Diabetes walk to help educate and bring awareness to a disease that has affected her family and herself.

“My sister and I both were diagnosed with Type 2 diabetes, and it sparked an interest in bringing awareness to the complications that this illness can bring to a person's life,” Shari explains.

She encourages friends, family, her church, and co-workers to take part in this event that helps raise awareness and get people moving.

“It can show two things; one is that you can live a wonderful, full, and blessed life with this diagnosis, and two that you can take steps to raise awareness and funds for research to fight this deadly disease,” she said.

Tisinger says that education, awareness, and prevention are ways that people can help themselves. She explains that diabetes afflicts 8.3% of Americans, a statistic that increases every year.

“Unfortunately, complications from diabetes contributed to the death of both my brother in 1985 and my father in 2004,” Shari says.

Although complications from diabetes can be devastation for some people, it's important to know that “diabetes is not a death sentence.”

“I lead a full, active, and physical life, and enjoy every minute of it. We can, we will, and we have to fight this disease. As spokesperson and rocker Bret Michaels puts it ‘Life rocks. Let's Walk!’”

Step Out for Diabetes is a 5K walk/run that is taking place on May 22, at 11:30 a.m. at Veteran's Memorial Parkway in Bettendorf. Participants will be treated to a performance from the High Cotton Blues Band. Registration fee \$25 with all funds going directly to education and research in our area. People interested in this year's walk can contact Eastern Iowa Director, Stephanie Hamilton, at [shamilton@diabetes.org](mailto:shamilton@diabetes.org), or they can contact Shari at [stisinger928@msn.com](mailto:stisinger928@msn.com).