

Health360x Conducts its Second Annual Hike It Out Event for National Diabetes Awareness Month

The Health360x annual Hike It Out takes place every November in support of National Diabetes Awareness Month. The event is an opportunity for members of Health360x's online community and the Atlanta metro area to learn more about diabetes and how Health360x can help empower them to self-manage their health. The second annual Hike It Out took place on Saturday, November 5, 2016, at Cascade Springs Nature Preserve – a hidden gem off Cascade Road. The hike kicked off with a welcome and a warm up lead by Morehouse School of Medicine's Atuarra McCaslin, who has been leading the efforts for Health360x engagement. The nature preserve provided a beautiful backdrop which made the hike seem less like exercise and more like an escape. Connect with Health360x on [social media](#) to see more photos of the hike. And if you missed it, don't worry, we are doing it again next year!



