


There are hundreds of children throughout Pakistan that need your support.


50 more children like Johanna are waiting in your city and each day counts!


Insulin is their lifeline. Can you think of a better way to spend your Zakat & donations than saving these lives?


*I'd like to support a child with diabetes in:*

Karachi  ISB/RWP  Lahore

 1 month: Rs. 7,500

 3 months: Rs. 22,500

 6 months: Rs. 45,000

 1 year: Rs. 90,000

Account Title: MEETHI ZINDAGI, Account Number: 0120-006900229623

Bank Name: Faysal Bank Limited

**Rawalpindi Office:** 65-A, Street 3, Westridge 1, Opposite Rafay Mall, Peshawar Road, Rawalpindi. Tel: 051-8313-214

**Karachi Office:** B-158, Block 8, Engineers & Architects Society, Gulistan-e Jauhar, Karachi Tel: 0335-555-4606

**Lahore Office:** 254-B, Street 5, Cavalry, Ground, Lahore Cantt. Lahore.Tel: 0332-8313-214

Call/WhatsApp: +92-335-555-4606

Website: [www.meethizindagi.org](http://www.meethizindagi.org), Email: [resource.gen.dept@meethizindagi.org](mailto:resource.gen.dept@meethizindagi.org)

Facebook: [www.facebook.com/meethizindagidiabetes](http://www.facebook.com/meethizindagidiabetes)

Johanna is living a great life with type-1 diabetes. She is getting free insulin package every month because of someone like you.

Her happiness is because of your kindness. You can provide the same happiness to 50 more children in your city or suburbs of Pakistan!



Meethi Zindagi  
Great Life Despite Diabetes

زندگی کی مٹھاس رہے برقرار،

صرف آپ کی مدد سے!



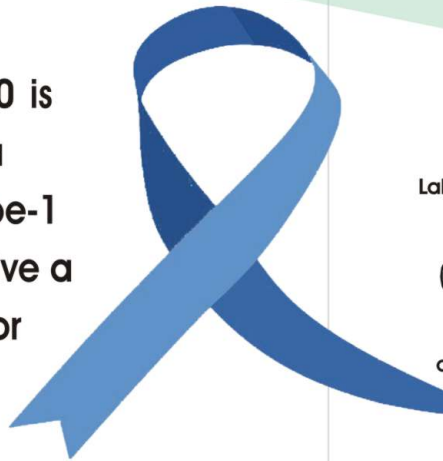


## Your support shared Muneera's worries.

We came to know about a mother from Lahore, who struggled for 13 long years to manage insulin for her two daughters with type-1 diabetes. Without a moment of delay, both of her children were welcomed to our **Promise of Insulin program**. Now 19 years old Aqsa and 15 years old Kashaf have no fear of pain of reusing a single syringe. There are people among you who have made this possible.

**Only Rs. 7,500 is  
the cost for a  
child with type-1  
diabetes to live a  
healthy life for  
a month.**

**Insulin is the only treatment  
for children living with  
type-1 diabetes.**



## More children register with us everyday!

Knowing that there are hundreds of other children who are suffering due to lack of resources, we do not want to stop now.

Help us expand our network and provide **Promise of Insulin (POI)** to more children. Promise insulin for a child from your own city today and provide them with a box filled with happiness and relief along with hope every month.



Insulin



Glucometers and  
test strips



Laboratory tests



psychological help



medical  
consultation



Guidance of  
physical activity



Dietary guidance

You can support a child with all these in  
just **Rs. 7,500** per month.

# Hafsa from Rawalpindi is thriving with type-1 diabetes.

When Hafsa's parents were trying their best to manage their child's Celiac disease despite limited resources, they could not understand the reason for her deteriorating health. The parents took her to the hospital where she was diagnosed with type-1 diabetes.



## You can enable many children to portray a healthy living image of type-1 diabetes.

For one whole year, her father who worked several hours as a salesman at the poultry shed had to buy insulin for his daughter. Until one fine day, through our widespread network of doctors, they reached Meethi Zindagi.

It has all been made possible because of help from people among you. Let's get many other families on their feet as well and let them know that they are not alone.

## How did we meet Johanna?

She is the voice of hundreds of children who are thriving with us.

A year ago, a father from Karachi struggled to manage his daughter's insulin working day and night, trying to manage his family's needs simultaneously. With the kindness of our donors, Meethi Zindagi shared the family's worries and financial burden. Now 3 years old Johanna thrives despite diabetes.

## 217 children and counting! all of them can be like Johanna

Thousands have suffered unspeakable pain and many have even lost the battles of their lives due to lack of information and resources.

The silence regarding this easily manageable medical condition needs to be broken and you can help us in achieving this milestone.

Through our **Promise of Insulin (POI)**, we have reached so many cities, towns and villages. **This month, alone 50 children are in our waiting list fighting for their lives.** They need your support more than anything. Will you not help us in saving many more children like Johanna?