



Strolling Through the Colon!

March is Colorectal Cancer Awareness Month and you're invited to take an informative tour of the colon! An inflatable colon will be on-site to walk through to learn more about this important organ and how to keep yours healthy.

Our Chronic Disease Team will feature the following:

- Keep moving for your health with Zumba
- Live music from Mosaic Group
- Speak with Nutritionist Maria Gumersell to know what foods help you have a healthier colon

Individuals who complete their colorectal cancer screening throughout the year will be entered into monthly drawings.

Friday, March 28
10 a.m. - 2 p.m.

International Institute of St. Louis
3401 Arsenal Street
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