

MyGut
INSTINCT Presents the
10th annual
GUTS & GLORY
Digestive & Wellness Expo

SAVE THE DATE!

**Saturday,
September 23rd
10AM - 3PM
Rain or Shine!**

A Decade of Healthy Vibes

Title Sponsors:



PennState Health
St. Joseph Medical Center



PennState
Berks

**10am - 3pm @
Penn State Berks - Perkins Plaza Event Lawn
1801 Broadcasting Rd, Reading, PA 19610**



**Scan for more info
and registration!**

Our FREE, ALL AGES, PET-FRIENDLY community event features:

- Expert lectures on nutrition, fitness & healthy living
- Massage
- Farmer's & Makers' Market
- Live DJ music
- FREE health screenings
- Healthy food and non-alcoholic drinks for sale
- Live active demos (participation encouraged!)
- Kid targeted zones on healthy eating & exercise
- Holistic experts & stress relief tips
- MEGA-colon gut-health exhibit
- Alternative therapies
- Community partners
- Nonprofit organizations
- First Responders

Visit us at MyGutInstinct.org and find us on Facebook for updates.