

EVENT RECAP

EVENT DETAILS

*Full Circle: How Politics,
Depression, and Yoga Helped
Me Crush Colorectal Cancer
and Crisis*



May 7, 2023
Book Club



18 Attendees
Hybrid Event



Author:
Jessica Catlin

EVENT SUMMARY

Jessica, diagnosed with stage IIIb rectal cancer at the age of 39, shared her courageous journey of battling cancer and becoming her own healthcare advocate. As a survivor, she continues to spread awareness about early-age onset cancer and the importance of preventative cancer screening.

We had honest and insightful discussions where no topic or question was off-limits. The GH Foundation is honored to support Jessica and amplify her story of survivorship and self-advocacy.



Testimonial

"This cancer is super preventable and curable — but only if you catch it early enough. The colonoscopy procedure itself is absolutely no big deal: Be demanding; be curious; be the expert of your own body. I would gladly choose gallons of colonoscopy prep over having radiation burns in my rectum (and trying to poop through said canal) ever again."

Jessica Catlin