



LUNCH & LEARN ABOUT CRC

The GH Foundation kindly requests your organization's participation in our "Lunch & Learn about CRC" campaign. GH Foundation is an organization shining a light on gastro health. We know all too well that talking about gastrointestinal health feels uncomfortable. But we also know this: avoiding discussions about digestive issues can lead to serious health consequences. By breaking the silence and normalizing conversations about poop, colonoscopies, and everything in between, we encourage everyone to be proactive about their health and detect potential problems early on.

This March, GH Foundation is focusing on several initiatives related to Colorectal Cancer Awareness Month, including the "Lunch & Learn about CRC" campaign. Colorectal cancer is the second leading cause of cancer death in the US. Our founders have both been personally affected by colorectal cancer and are passionate about raising awareness that colorectal cancer is preventable, treatable, and beatable.

We want to work with your organization to host a Lunch & Learn focused on Colorectal Cancer Awareness. If you are interested, please get in touch with us at info@gh-foundation.com.

WHY PARTICIPATE?

- **Learn the Facts:** Understand the signs, symptoms, and risk factors of colorectal cancer.
- **Discover Prevention Tips:** Get actionable advice on lowering risk through diet, exercise, and screening.
- **Take Action:** Find out how to schedule your colorectal cancer screening, ask questions about your family history, and take note of your symptoms.

WHAT TO EXPECT:

- **Speaker:** GH Foundation's co-founders will discuss the importance of colorectal cancer screening, risk factors, prevention tips, and treatment options.
- **Interactive Q&A:** No question is off the table; we encourage engaging discussions.
- **Scheduling Assistance:** We will provide email template drafts for your event outreach and scheduling.