

HOW TO PROMOTE A HEALTHY GUT

DIGESTIVE HEALTH, NUTRITION & YOUR COLON



REGISTER
for EACH program
using the LINKS
provided.

When was the last time you thought about your colon?

Colon cancer is increasing in younger people. A few simple changes may be all it takes to boost your energy level, improve your day to day comfort and reduce your risk of colon cancer and other diseases.

Virtual Format

REGISTER TODAY!
THURSDAYS
1:00–2:00 PM

For more
INFORMATION
CALL 908-237-2328



March 3, 2022

“Colorectal Health & Young People”

Ashlee Godshalk Ruggles, MD

Colo-rectal Surgeon

Capital Health Surgical Group

REGISTER HERE: <https://www.workcast.com/register?cpak=4086890050462998>



March 17, 2022

“Nutrition & Colon Health” Presented in Spanish

Evelyn Fuyentes, NDTR

Community Health Educator

Rutgers Cancer Institute of New Jersey

REGISTER HERE: <https://www.workcast.com/register?cpak=7824127714855621>



March 31, 2022

“Digestive Health & Cancer Risk”

Cherag Daruwala, MD

Gastroenterologist & Hepatologist

Hunterdon Gastroenterology Associates

REGISTER HERE: <https://www.workcast.com/register?cpak=8658467950984129>



April 7, 2022

“Nutrition & Colon Health” Presented in English

Laura D. Richards, PhD, RD

Clinical Dietitian

Hunterdon Home Health

REGISTER HERE: <https://www.workcast.com/register?cpak=2646755228093726>