## **Crohn's Disease** and Ulcerative Colitis (IBD)

Community Education Event



## Toin us!

## Community Education Event on Crohn's Disease and Ulcerative Colitis (IBD).

This event will feature two informative presentations including IBD 101, covering the basics of the disease, and Nutrition for IBD, offering practical tips on how diet can support your health.

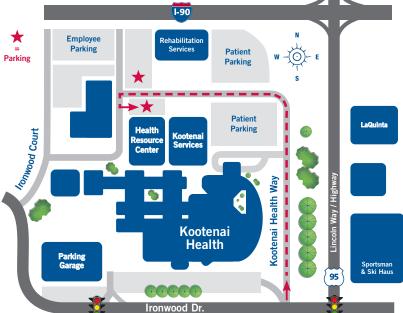
Whether you're living with IBD, supporting someone who is, or simply want to learn more, this session will provide valuable insights and resources.

Date/Time: Tuesday, December 3, 5 - 7 p.m.

**Location:** Kootenai's Health Resource Center (see map) Questons? Call 208.625.5307 or email twillhite@kh.org



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