



## GET FIT, AND JOIN CAROLYN & CRAIG GONDA IN THE COLON CANCER FIGHT!

# JULY 25, 2015 – 9:00AM

**COST IS \$15 AT THE DOOR.**

- **TICKETS AND DONATIONS CAN ALSO BE MADE ONLINE AT: [HTTP://CAROLYNGONDA.EVENTBRITE.COM](http://CAROLYNGONDA.EVENTBRITE.COM)**

### Get Fit and help increase Colon Cancer Awareness!

Come help the STS Team by taking part in part in a very special Cancer Benefit to help raise cancer awareness and funds to help Carolyn Gonda in her personal battle. This is a great time to support a very important cause, while at the same time Get Fit! Attendees can also meet with a trainer who can help by discussing development and physical training goals. Sponsors will be in attendance -- lite refreshments will also be available!



**Get Fit, while supporting the fight against Colon Cancer!**

**Meet with a trainer to discuss training goals!**

### DID YOU KNOW??

- **Colorectal Cancer (CRC) is the 2<sup>nd</sup> most common cancer in the world.**
- **Increased Physical Activity, Intensity, Duration, and Frequency can reduce CRC risk by 30-40%!**

### **SCOTT'S TRAINING SYSTEMS**

6100 W Gila Springs Place  
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[www.scottstrainingsystems.com](http://www.scottstrainingsystems.com)