

Dealing with Crohn's Disease, Ulcerative Colitis, or Ostomy Surgery?

Feel Supported!



Be Empowered!

**Attend biweekly support group meetings sponsored by the
Centers for Gastroenterology of Northern Colorado**

- Provides an open, safe space to discuss your struggles with Crohn's disease, ulcerative colitis and ostomy surgery!
- Learn coping strategies that help ease stress and anxiety
- Contribute to a research study benefiting patients with IBD

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