



**EMPOWER**



**INSPIRE**



**CONNECT**

**TAKE STEPS**  
FOR CROHN'S & COLITIS



## Move your clocks and your knowledge of IBD forward on Sunday, March 13th!

After you adjust your clocks come out and join us to **Kick Off our Take Steps Walk Season** and join in a question and answer session on IBD with Dr. Elliot Heller

**Sunday, March 13th**

**11:30 am - 2:30 pm**



**Dave & Buster's**

4661 Palisades Center Drive  
West Nyack, NY 10994

**Come meet others from the IBD community and enjoy complimentary brunch and gaming for kids! All ages are welcome!**

Dr. Elliot Heller is an Inflammatory Bowel Disease specialist at Digestive Disease Associates of Rockland. He serves on the local board of the Crohn's & Colitis Foundation, Fairfield/Westchester Chapter as well as on the Chapter Medical Advisory Committee.

**FREE to attend but RSVP required. Respond to Andi [acosby@ccfa.org](mailto:acosby@ccfa.org)**



### Save the Date for the Fairfield Westchester Take Steps Walk

Fairfield, Rockland and Westchester communities are coming together in 2016 for the area's largest Take Steps Walk!

**Sunday, May 22<sup>nd</sup> 4 pm, SUNY Purchase**

Register today at [www.cctakesteps.org/fairwest2016](http://www.cctakesteps.org/fairwest2016)

