

The KEEP YOUR COLON ROLLIN' 5K Walk/Run of 2009

Would like to extend a

Special Thanks To:

**ALL OUR WONDERFUL
PARTICIPANTS
AND
VOLUNTEERS**

**RON & JAN SCHMID
JEFFERSON PATTERSON PARK
SAINT LEONARD VOL. FIRE DEPARTMENT
ROCKIN' ROGER'S DJ SERVICE
METRO RUN & WALK**



**RON SCHREIBER
CHESAPEAKE BAY RUNNING CLUB
SPYRO'S BAGELS
SAFEWAY PRINCE FREDERICK
GATEWAY RESTAURANT
JIM'S AIR
CALVERT HIGH NJROTC
EMBROID ME
BAY ENGRAVING
CALVERT COUNTY PARKS
AND RECREATION**

Colorectal Cancer
remains the second
leading cause of
cancer death, yet it is
also one of the most
preventable with
regular screening
colonoscopies!

**GET SCREENED!
SAVE YOUR LIFE!**

Men and Women—Age 50 & older

- If you have a family history, you should get screened **10 years before** their diagnosis.
- If you have a history of ulcerative colitis or Crohn's Disease, start screening earlier.

Uninsured???
Underinsured???
We can help you
get screened!
Call the Calvert
County Health Dept.
410-535-5400
301-855-1353
x355