

Save The Dates!

More events and volunteer opportunities with My Gut Instinct!

**Saturday
July 13:** **Guts and Glory Night at the First Energy Stadium:**
Fightin' Phils vs Trenton Thunder 6:45pm, followed by live fireworks show
Come out and support Guts and Glory: All proceeds from Toss A Ball go to our nonprofit. Visit our My Gut Instinct table in the plaza

**Saturday
Sept 7:** **My Gut Instinct volunteers at Weaver's Hard to the Core 5K**
(benefiting local cancer patients and their families)
Weaver's Orchard 7-11am
Come and join our team as we raise awareness about our non-profit serve as course marshalls to cheer on the runners, followed by a free apple pancake breakfast!
Sign-up required prior, contact Volunteer Coordinator Laural Miller if interested

**Thursday
Sept 12:** **Guts and Glory Swag Bag Stuffing Party**
PSU St Joseph at Exeter Ridge - Conference Room 4-6pm
Come help us stuff our giveaway swag bags. Hot appetizers provided!
Sign-up required prior, contact Volunteer Coordinator Laural Miller if interested (laural@lauralmillercoaching.com)