

2025 Guts & glory

Digestive & Wellness Expo

Title Sponsors:



PennState Health
St. Joseph Medical Center

Saturday
October 4th, 2025

Rain Date: Sunday, October 5th

A Healthy Movement since 2013

We're thrilled to be hosting this year's event at a brand new location -
you don't want to miss it!



11am - 3pm @ Jim Dietrich Park
4899 Stoudts Ferry Bridge Rd
Reading, PA 19605

Scan for Details!

Our FREE, ALL AGES, PET-FRIENDLY community event features:

- Expert lectures on nutrition, fitness & healthy living
- Massage
- Farmer's & Makers' Market
- Live DJ music
- FREE health screenings
- Healthy food and drinks for sale
- Live active demos (participation encouraged!)
- Kid activities & veggie race
- Holistic experts & stress relief tips
- MEGA-colon gut-health exhibit
- Alternative therapies
- Community partners
- Nonprofit organizations
- First Responders

Visit us at MyGutInstinct.org and find us on Facebook for updates.