

2026 GUTS & GLORY

A HEALTH & WELLNESS FESTIVAL FOR EVERY BODY
PRESENTED BY MY GUT INSTINCT AND PSH SJMC

TITLE
SPONSOR:



PennState Health
St. Joseph Medical Center

**SATURDAY
OCTOBER 3RD
11AM - 3PM**

JIM DIETRICH PARK | 4899 STOUDTS FERRY BRIDGE RD, READING, PA

THRIVE FROM THE INSIDE OUT!



SCAN FOR MORE INFO!

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

- Expert lectures on nutrition & fitness
- Massage
- Farmer's & Maker's Market
- Live DJ music
- FREE health screenings
- Healthy food & 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