



# NEWS RELEASE



## **For Immediate Release**

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### **(2/25/25) Free Webinar on the Importance of Completing a Colonoscopy to be Held in March (Focuses on Importance and Answers Patient Concerns)**

If you're 45 or older, or are at high-risk for colon cancer, it's time to start thinking about screening for colon cancer. To help answer your questions and ease your concerns about getting a colonoscopy, regional healthcare providers have joined together to present the free webinar, "Embracing Your Health: The Importance of Completing a Colonoscopy", on March 11, from 12:00 to 1:00 PM CT.

In this one-hour webinar, presented by Dr. Mack Ruffin, MD, MPH, with Penn State College of Medicine, you'll learn why a colonoscopy is so important, hear a real-life testimonial from someone who had a colonoscopy, and get your questions answered live.

For more information and to register, visit <https://UQR.TO/1YRK7> the Southern 7 Health Department Facebook page, or call Shawna Rhine at 618-634-2297, ext. 971161.

This webinar is presented in partnership by Penn State School of Medicine, Asian Health Coalition, The University of Chicago Medicine, Friend Health, VNA Health Care, Community Health & Emergency Services (CHESI), Massac Memorial Hospital, Illinois Colorectal Cancer Alliance to Reduce Mortality and Enhance Screening (IL-CARES), and Southern 7 Health Department.

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