

# Bangor Community Take Steps walk & 5K!



Take Steps is the Crohn's & Colitis Foundation's largest fundraiser, helping to achieve a world free of IBD. We need your help to get there.

## Ways to Get Involved!

### Form a Team

Fundraising as a team provides a way to take action together with friends and family and come together on walk day to celebrate!

### Get your Company Involved

Companies can form teams, explore sponsorship opportunities, and provide leadership roles for rising employees. Take Steps is a great way to network inside and outside your organization.

### Volunteer

Give the gift of your time by serving on a committee in ways meaningful to you!



Register Today!



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