



GUTSY WALK
CORPORATE TEAM

LET'S END CROHN'S AND COLITIS

What are Crohn's and colitis?

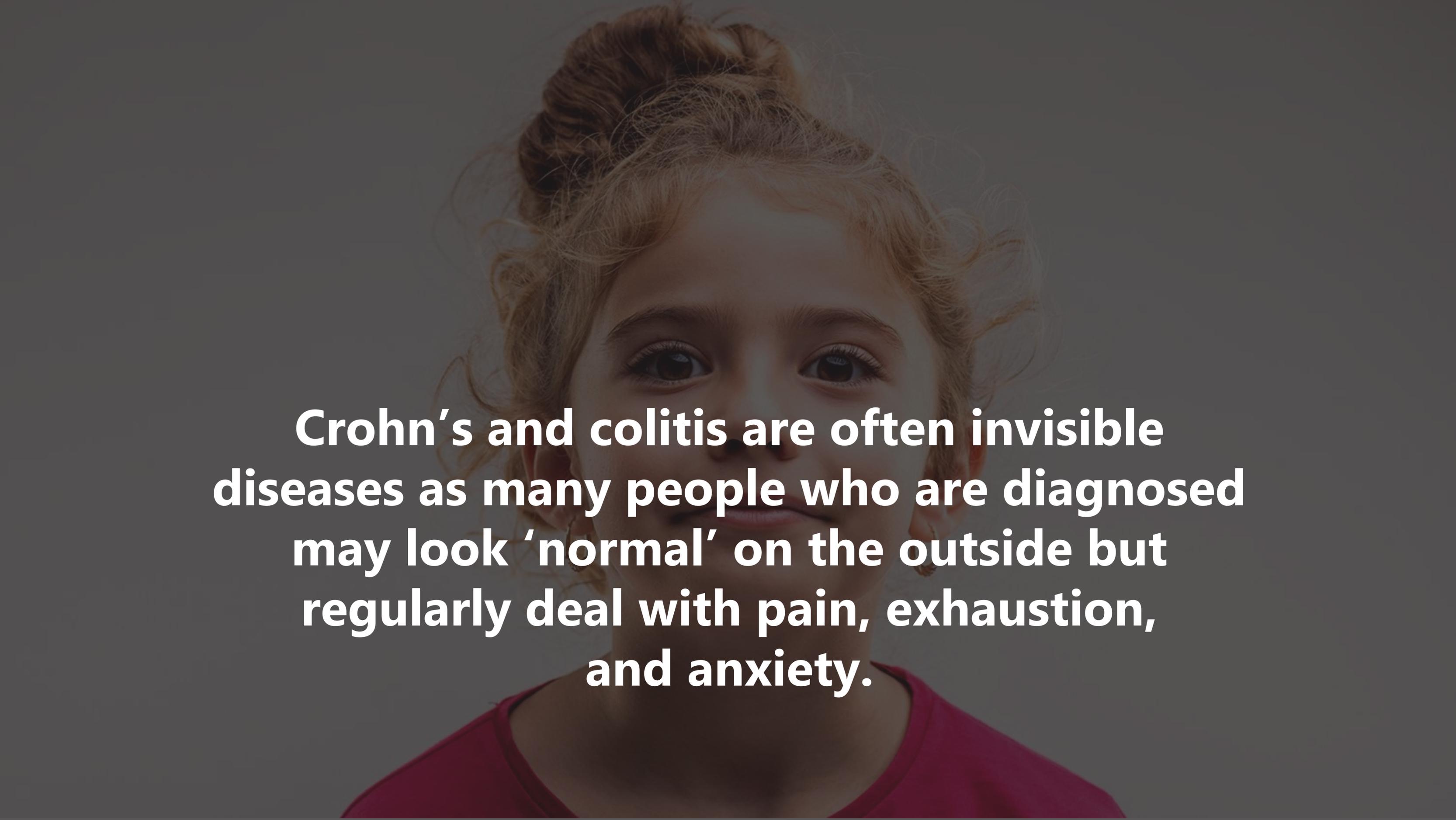
Crohn's and colitis are the two most common forms of inflammatory bowel disease (IBD)

Symptoms include abdominal pain, cramping, fatigue, internal bleeding, and frequent and urgent bowel movements, in some cases over 20 times a day

Researchers believe Crohn's and colitis are caused by a combination of elements including genetics, environmental factors, and abnormal immune system responses

Crohn's and colitis are chronic diseases as there are no known cures





Crohn's and colitis are often invisible diseases as many people who are diagnosed may look 'normal' on the outside but regularly deal with pain, exhaustion, and anxiety.

Quick Facts



20+

The number of bowel movements someone with Crohn's or colitis may have in a single day



30%

The proportion of people with Crohn's or colitis who suffer from anxiety and/or depression



2x

The incidence rate of Crohn's in Canadian children under 10 has nearly doubled since 1995



GUTSYWALK.CA
FOR CROHN'S AND COLITIS CANADA

**The Gutsy Walk is bold, fierce, and
determined to end Crohn's and colitis.**

Let's do this together!

What is the Gutsy Walk?

This is Crohn's and Colitis Canada's largest fundraising event and also the country's largest community fundraiser for Crohn's and colitis. The Gutsy Walk has generated over \$35 million since 1996 to advance research and patient programs, all thanks to participants, donors, and sponsors who are driven to make a difference.



Over 60

Locations across Canada



\$35M +

Raised for research
& patient programs
since 1996



Community

A place for caring and
support



22%

Crohn's and Colitis Canada's
largest source
of revenue



Over 20,000

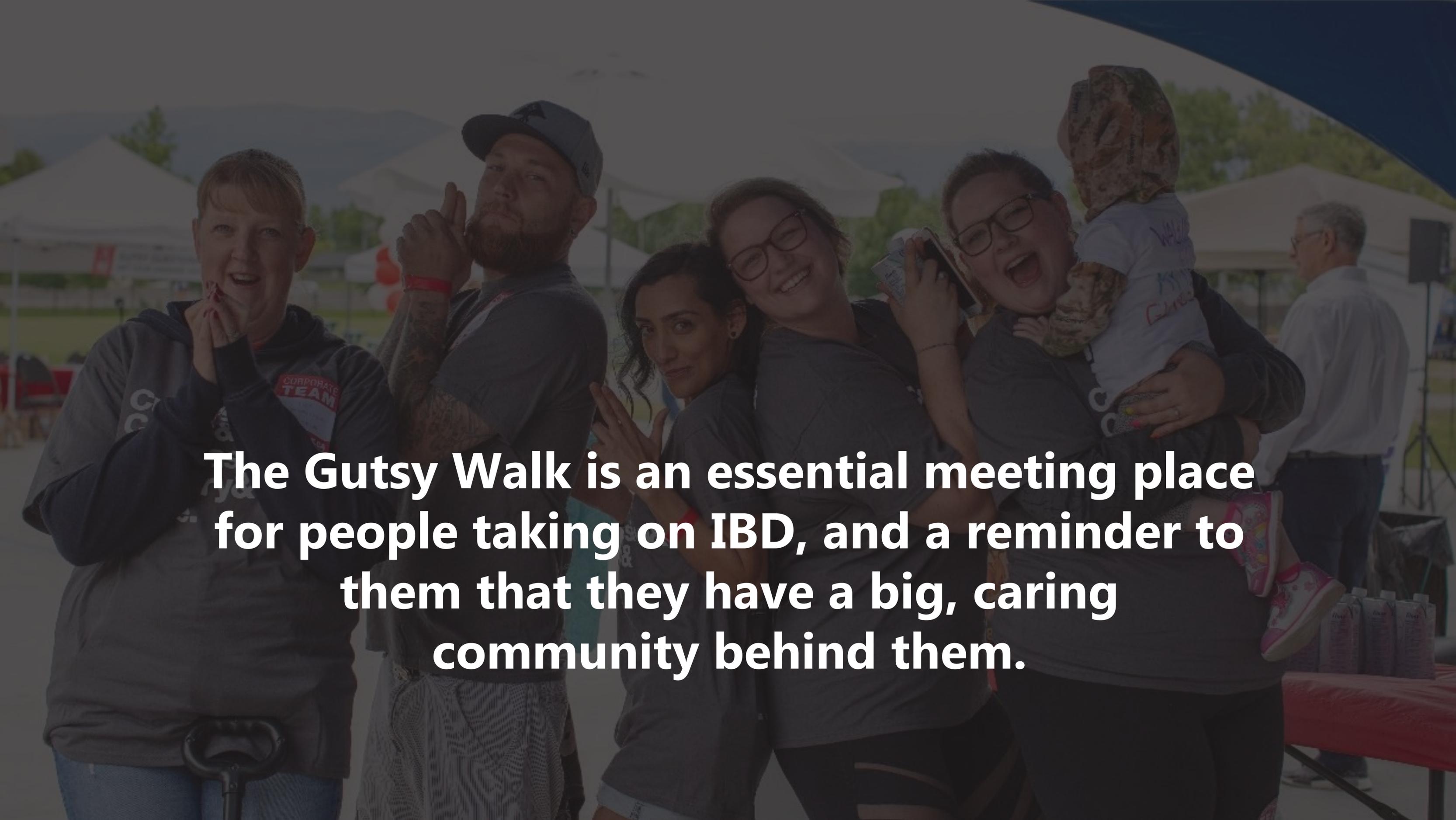
Walkers across Canada



IBD Hub

Discussion forum for
people taking on IBD



A group of people, including a man with a beard and a woman holding a baby, are gathered outdoors. They are wearing blue shirts, some with 'CORPORATE TEAM' printed on them. The scene is set under a large white tent. The background shows other people and structures, suggesting a community event or walk.

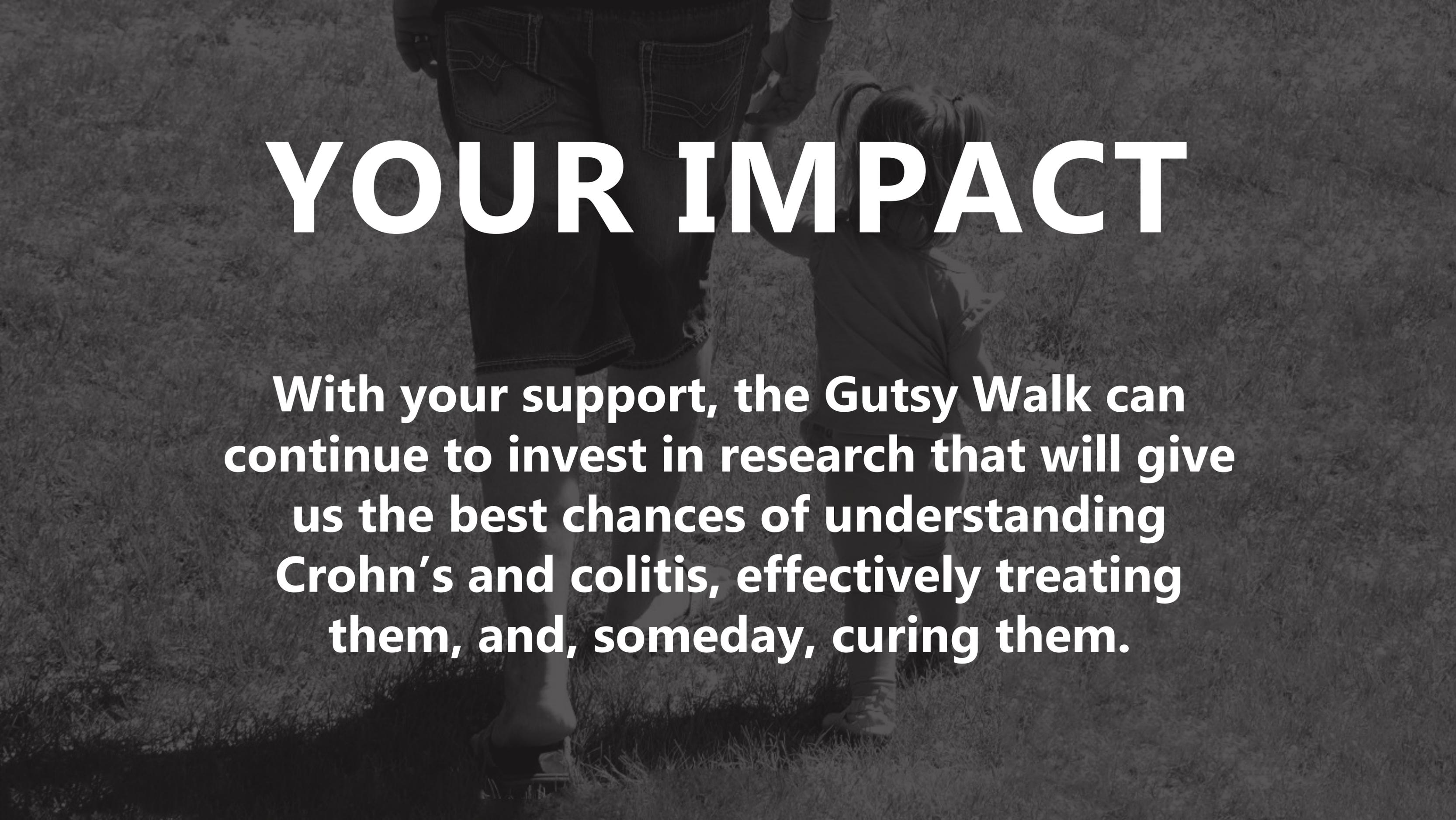
The Gutsy Walk is an essential meeting place for people taking on IBD, and a reminder to them that they have a big, caring community behind them.

What is the Gutsy Walk

The Gutsy Walk is more than just a fundraiser. Living with Crohn's or colitis can be isolating, and it's vital that people taking on these diseases know that they're not alone. Nowhere is that more evident than the Gutsy Walk. It has become an essential meeting place for people taking on IBD, and a reminder to them that they have a big, caring community behind them.

**We invite you
to be a part of
this community.**





YOUR IMPACT

With your support, the Gutsy Walk can continue to invest in research that will give us the best chances of understanding Crohn's and colitis, effectively treating them, and, someday, curing them.



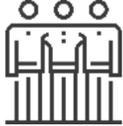
GEM



GEM brings us closer to the cure. Lead by Crohn's and Colitis Canada, the Genetic, Environmental, Microbial (GEM) is the world's largest clinical study and the only prospective study, investigating the causes of Crohn's disease.



107 Recruitment sites around the world



5,085 Participants

PACE



PACE is Canada's first national network of IBD Centres of Excellence, which aims to address existing gaps in how people with Crohn's or colitis access care. Evidence gathered through research and clinical care will be the catalyst for changes in the public healthcare system.



5 Centres of Excellence

University of Alberta
University of Calgary
Mount Sinai Hospital

McGill University
McMaster University



Your Impact



Camp Got2Go

The joy of camp without the worries of Crohn's or Colitis.
3 camps across Canada.



GoHere Access Program

This program helps create communities that are understanding, supportive and accessible for Canadians with IBD.



Gutsy Peer Support

Peer-to-peer support program for Canadians affected by Crohn's disease and ulcerative colitis.



Education Webinars

Creating communities that are understanding, supportive and accessible for Canadians

Join our fight

Taking part in the Gutsy Walk is a great way to give back to our community and support our coworkers who may be facing the challenges of Crohn's or colitis.

Large and small companies, businesses and organizations form teams and walk each year to end these diseases

Just a few of our supporters walking with us



Benefits of joining the cause

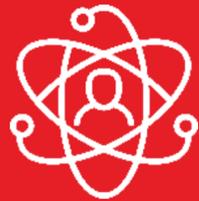
Let's be a leader in finding cures for Crohn's and colitis



Build community relationships



Boost networking opportunities



Positive brand image



In addition to the benefits of joining the Gutsy Walk, you are also demonstrating your commitment to end Crohn's and colitis. You will be walking side-by-side with members of your community as you support friends, families, and co-workers living with these damaging, incurable diseases.

Amplify employee team spirit when you collaborate and inspire for a good cause



SIGN UP NOW

GUTSYWALK.CA

FOR CROHN'S AND COLITIS CANADA

