

Stronger Together.



It takes guts to overcome a pandemic.

The team at My Gut Instinct is proud to announce that Guts & Glory 2021 will be a socially-distanced, outdoor, in person event.



SAVE THE DATE!
Saturday, September 25th
RAIN OR SHINE!



11am - 3pm @ NEW VENUE:
Willow Glen Park, home of Shocktoberfest
94 Park Ave; Sinking Spring, PA 19608

Scan QR Code for more info and registration details!

2021 Title Sponsor:



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

- Expert lectures on nutrition, fitness & healthy living
- Healthy food and alcoholic/non-alcoholic drinks for sale
- Live active demos (participation encouraged!)
- Kid targeted zones on healthy eating & exercise
- Holistic experts & stress relief tips
- Massage tent
- Farmer's Market (cash encouraged)
- Live local music
- FREE tasting samples
- FREE health screenings

A few notes for this year's event:

- Masks are not required, but encouraged
- Please consider bringing one pantry item per person as a donation to the Helping Harvest Food Bank!