



May is Crohn's and Colitis Awareness Month

Amy Benn

Registered nurse
Meditation teacher
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Living with
Crohn's disease
since age 14

#FlushTheStigma

1 in 2

Australians living with Crohn's disease or ulcerative colitis struggle with psychological distress.

It's time to speak up.

Talk to your doctor, family and friends and seek support now.



1800 138 029 | www.crohnsandcolitis.com.au

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