



**IBD IS PART OF YOUR LIFE,
BUT YOU ARE NOT ALONE.**



**JOIN
OUR CIRCLE**

IMPROVECARENOW.ORG/JOIN-CIRCLE

Joining CIRCLE connects you to ImproveCareNow (ICN) - a collaborative chronic care network focused on *improving health, care & costs for young people with IBD*. ICN will send you IBD resources & information, stories of inspiration & hope, opportunities to get involved with their inclusive & supportive community that understands life with IBD and is working together to make it better.

