

Join us this December for Decembeard and get sponsored to grow a beard.

To get involved: Visit **www.decembearduk.org** Email the team on **Decembeard@bowelcanceruk.org.uk** Follow **@DecembeardUK** Call us on **020 7940 1769**

Bowel Cancer UK is a registered charity number 1071038 (England & Wales) and SC040914 (Scotland). A company limited by guarantee number 3409832 (England).

