



Colorectal Cancer Awareness and Prevention

Colorectal cancer is now the 3rd most commonly diagnosed cancer in both men and women in the United States.



Wednesday, March 25, 2026

5:30- 6:30 pm

Free Webinar via Zoom

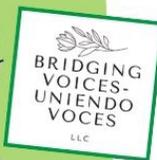
This webinar will review the importance of screening, early detection, & the power of Lifestyle Medicine. Particular attention will be given to the concerning rise in diagnoses among adults under age 50.

The session will highlight:

- Current colorectal cancer screening recommendations and strategies for prevention.
- The role of lifestyle factors—including diet, physical activity, and other modifiable behaviors—in colorectal cancer risk
- The importance of incorporating lifestyle discussions into routine patient care as a key strategy for prevention.

This webinar is designed for healthcare professionals, community educators, policymakers, medical staff, and others interested in evidence-based approaches to prevention and treatment.

Attendees can access this session in either English or Spanish, thanks to simultaneous interpretation by Bridging Voices-Uniendo Voces.



Amanda Scott, MD

founded Santa Barbara Lifestyle Medicine, where she combines evidence-based training, personalized care, and a commitment to empowering patients to make positive, sustainable changes for a healthier, more fulfilled life. She also leads Rooted's Lifestyle Medicine Webinar Series and Lifestyle Medicine Roundtable for physicians.

Register For Free: RootedSantaBarbara.org/events 

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