

# MOVIE NIGHT



36

Turn colon cancer prevention into a party! Plan a movie-themed prep party with friends. First, choose your movie genre (80's sci-fi, movies starring Julia Roberts, Oscar-winning dramas, spaghetti westerns, Spielberg blockbusters, etc.). Next, stop by a party supply store (or the dollar store!) to find some movie-themed decorations and props.

## CREATE AMBIANCE

- Movie posters
- Popcorn buckets (no popcorn)
- 3D Glasses
- DVDs (or go really retro with VHS!)
- Balloons/banners/streamers
- Popcorn– or candy-scented candles

## FOOD & DRINKS

- Cucumber Water
- Tea
- Coffee
- Apple juice
- Carbonated beverages
- Gatorade
- Popsicles

*\*Remember: no red, blue, or purple colors or flavors*

**DHA**

**DHC**

### Question about prep?

Call 775-434-0628 | 7am to 5:00pm Monday through Friday  
Digestive Health Associates & Center of Reno  
[digestivehealthreno.com](http://digestivehealthreno.com)