A #StrongArmSelfie is simply a photo of your self flexing your bicep posted on social media. When you post a #StrongArmSelfie you are showing support for our community of fighters! Plus, you are raising awareness of colon and rectal cancers! Each post, retweet or share of a #StrongArmSelfie sends $1 to Fight Colorectal Cancer! What are you waiting for? Let’s see your strength!

Thank you to our supporters:

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