



# The CALGARY CELIAC CHAPTER Invites You To A **CELIAC INFORMATION MEETING!**

## WHO?

- Newly diagnosed Celiacs, new members or current members interested in learning more about Celiac Disease & the gluten-free diet, and the Calgary Chapter are invited to attend. We encourage you to bring your spouse, family member or friend - in other words, your support people!

## WHAT?

- The meeting will provide you with cooking, shopping and label-reading tips, product alternatives, dining out and travel info, gluten-free recipes and lots of useful information on Celiac Disease. Refreshments and a gluten-free snack or treat will be served!
- It's also a great way to meet other people with Celiac Disease, and for your support people to learn more about Celiac Disease and the gluten free diet and lifestyle! Bring your camera to take photos of gluten-free product labels to assist you when shopping!

## WHERE?

- Calgary Celiac Chapter Office: ***Please note our new address:***  
\* **231 – 37 Ave. NE** (Lower Level, HandiBus Building)  
(If entrance gate on 37 Avenue NE is closed, please enter through back of building, and drive around to parking lot at front)

## WHEN?

- The meetings are held every 6 to 8 weeks, as shown below. Please contact the office to confirm the date of the next meeting. To register, please send an email to: [calgaryceliac@telus.net](mailto:calgaryceliac@telus.net) or call the office at 403-237-0304. Attendance at only one meeting is suggested.
- Information Meetings for 2011 are scheduled from 7:00 – 8:30 pm on:
  - June 23
  - September 15
  - October 27
  - December 8

## WHY?

- We have been assisting Calgary & southern Alberta Celiacs and their families for over 30 years, to help make things easier on the way to a healthy, gluten-free lifestyle!

## COST?

- There is **no cost** for anyone to attend.

If you have any questions, please call the Calgary Chapter Office at:  
(403) 237-0304, or email us at [calgaryceliac@telus.net](mailto:calgaryceliac@telus.net)