

WHO ME...GLUTEN FREE? SEMINAR

Did you know that celiac disease or gluten intolerance affects one in 130 people? Do you wonder if your irritable bowel, fatigue, skin problems or fibromyalgia symptoms could be related to celiac disease?

HealthEast Care System invites you to attend a seminar to learn more about the common symptoms and available testing for celiac disease. On the second day, a registered dietitian and several gluten free vendors will be at Festival Foods to answer your questions and pass out free samples of gluten free products.

DAY ONE

WHEN: Monday, May 16, 2011
6:30 to 8 pm

WHERE: Hugo City Hall—Oneka Room
14699 Fitzgerald Avenue
Hugo, MN 55038

DAY TWO

WHEN: Saturday, May 21, 2011
Noon to 5 pm
Vendors and registered dietitian available

WHERE: Festival Foods—Hugo
14755 Victor Hugo Boulevard
Hugo, MN 55038

PRESENTERS: Dr. Laurie Sund, Family Medicine
Leigh Ann Greavu, RD, LD - Registered Dietitian

COST: \$10

**To register contact Kay Baker:
kbaker@healtheast.org or 651-232-3035**

Sponsored by:



Festival Foods has partnered with KeHE Distributors to provide an updated and expanded gluten free offering.