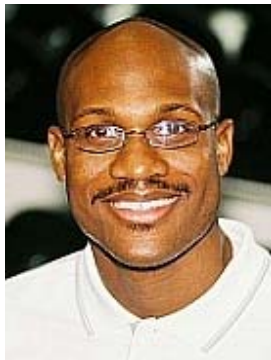




**GLUTEN
INTOLERANCE
GROUP**
of Greater Dallas

**Join us for our February meeting with guest speaker, Robert L. Selders, Jr.
Saturday, February 18, 2012, at 10:00 a.m.
Presbyterian Hospital, 8200 Walnut Hill Lane, Dallas – Southeast Conf. Room**



Please join us as Robert explains the paleo diet in detail, and why it may be beneficial to those living with gluten intolerance and celiac disease.

Robert L. Selders, Jr., owner of 3Q Fitness – CrossFit Garland, is a recognized expert in the fitness and sports performance enhancement industry, bringing more than twenty years of combined experience as a multi-sport high school and Division 1 college level athlete, and strength and conditioning professional. Robert is a Performance Enhancement Specialist and Corrective Exercise Specialist with the National Academy of Sports Medicine, a Certified Strength & Conditioning Specialist with the National Strength and Conditioning Association, and is a Certified Integrated and Functional Movement Specialist. He has completed Advance Nutrition studies and is a Whole 9 Life Nutrition Partner, which allows him to provide sound, effective nutrition strategies to help his clients achieve their desired goals.

Robert strongly felt it was God's purpose and calling which led him to leave his engineering career and pursue his passion for helping others improve their quality of life. Robert believes you must respect and love the person you will become in the future by taking excellent care of the person you are today.

Dining Out: Watch for announcement on website or by email for Tuesday, Feb. 21st @ 6:30 for our next dining out event. Non-members should send me email to be added to notifications.

Please note: Meet and greet begins at 9:45 a.m.

Parking is available for \$2.00 in the general lot and valet is available for \$5.00.

For more information about celiac disease, gluten free living or our group, please contact president Rose Mary Simmons at president@dfwceliac.org, or 214-632-1878.