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Gluten-Free 101

Feeling overwhelmed? These 1½ hour classes are designed to help those who are gluten intolerant or **newly diagnosed** with Celiac Disease adjust to life without wheat, barley, and rye.

Participants receive:

- a 14 page resource booklet including information about CD, its symptoms, associated conditions, and facts to consider. The booklet also includes how to stay informed through websites, subscription publications, mailing lists, and more. Bread recipes and baking tips are included.
- a special booklet entitled “Kids and Celiac Disease” to help parents with the special challenges of raising Celiac kids including a sample letter to give teachers or coaches, lunch ideas, great recipes for kids, and more!
- information about alternative grains and demonstrations of how to mix up a flour mix
- local resources for shopping gluten-free, support group information, restaurant information, and more!

Register for Gluten-Free 101 classes by
calling Liberty Recreation Center
972-769-4234
Classes are \$15.00 - \$19.00

Upcoming Classes:

Thursday August 21st 7 – 8:30 p.m.
Friday October 17th 7-8:30 p.m.
Friday January 9th 7-8:30 p.m.

Classes are taught by Jennifer Cinquepalmi, author of
The Complete Book of Gluten-Free Cooking.

Jennifer also teaches gluten-free cooking classes and speaks to create Celiac Disease awareness. For class information visit www.dfwceliac.org and click on Meetings and Events.

To order books visit www.aidantbooks.com. Or call 972-429-1610 with questions.