

# FOOD SENSITIVITY RESOURCES *presents*

## "Going Gluten Free"

*A four-part workshop series for individuals and families adjusting to the gluten free lifestyle*

**In conjunction with *Susan Engle* MOE, RD, LD of Nutrition Matters & *Dr. Amanda Tracy* of Advanced Health & Wellness**

Sponsored by **CK Cookies: Delicious, homemade GF cookies delivered right to your door!**

### **When:**

Monday, September 21<sup>st</sup> 6:30 – 8 PM [this is a **FREE** session]

Monday October 5<sup>th</sup> 6:30 – 8 PM

Monday, October 19<sup>th</sup> 6:30 – 8 PM

Monday, November 2<sup>nd</sup> 6:30 – 8 PM

**Where:** **The Partridge House** ~ 777 Lafayette Road ~ Hampton, NH  
*Across from Captain's Cove Mini Golf*

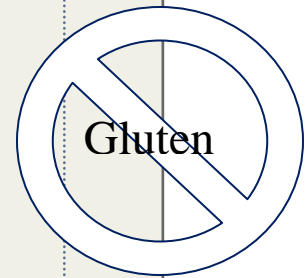
### **Topics** will include...

- Recipes, Reading labels, & Shopping tips
- Avoiding cross-contamination & Setting up your kitchen
- Incorporating essential nutrients & Co-occurring health risks
- Gluten free on a budget
- Advocating & Tips for traveling & eating out
- Creating a support network & Finding resources

~ **Plus...** *Sample delicious gluten free foods at each class!* ~

**Cost:** Join us for the first session on Mon., Sept. 21<sup>st</sup> for **FREE!** If you would like to come back, the cost for the remaining 3 sessions is \$50. Pay by *Sept. 22<sup>nd</sup>* and receive a \$5 discount – only \$45 for all 3 sessions! Pay by *Sept. 15<sup>th</sup>* and receive a \$10 discount – only \$40 for all 3 sessions!

**Registration:** Please register for the **FREE** September 21<sup>st</sup> class by September 18<sup>th</sup>, as space is limited. Call 463-0175 or email [thefoodallergycoach@yahoo.com](mailto:thefoodallergycoach@yahoo.com) and provide your name, best way to contact you, and the foods you need to avoid.



## FOOD SENSITIVITY RESOURCES

PO Box 123 Hampton, NH 03843-0123

Phone (603) 463-0175

[www.foodsensitivityresources.com](http://www.foodsensitivityresources.com)

[thefoodallergycoach@yahoo.com](mailto:thefoodallergycoach@yahoo.com)