



The Chesapeake Celiac Support Group's March meeting will feature:

Cheryl Harris, RD



Friday, March 12, 2010 at AAMC from 6:30 – 8:30 pm
Location: 7th floor of the new Health Sciences Pavilion (in front of Sajaak)

We hope you'll join us to hear Cheryl discuss "Gluten Free On the Go". Don't let a gluten free diet keep you from doing what you love. Cheryl will discuss eating out and strategies to stay safe whether or not a GF menu is available. She'll also provide tips for local and international travel and share strategies to ensure you're getting what you need for long term health. Cheryl's website is: www.harriswholehealth.com.

Please come and bring a friend. We hope to see you there!