

DON'T MISS OUT



Meet, Greet & Let's Eat! Potluck Gluten-Free Café & Bake Sale

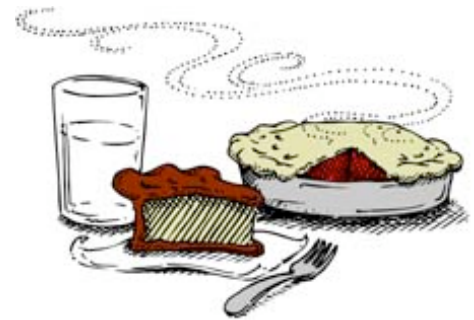
sponsored by the Westchester Celiac Sprue Support Group

Sunday, December 6th • 12:30 – 2:00 p.m.

Phelps Memorial Hospital, C Level

Regular group meeting follows immediately after featuring guest speaker **Dr. Christina Tennyson**, the newest member of the Celiac Disease Center at Columbia University.

- ➔ Enjoy homemade, gluten-free baked goods and complimentary coffee & tea
- ➔ FREE face painting for kids
- ➔ Meet others to swap stories, recipes & make new friends
- ➔ Speak with our special guests:



Kelly Courson, from the Celiac Chicks

Nicole Hunn, "Gluten Free on a Shoestring" blogger

Karen Miller, owner of Three Dogs Gluten-Free Bakery

✂ (Please complete the card below and bring it with your baked good.)

Name of Gluten-Free item:

Prepared by:

This recipe includes the following ingredients:

Milk/dairy Soy Eggs Peanuts

Tree Nuts Fish Shellfish

SHARE & SAMPLE

Bring your own baked good and sample some others!

Proceeds help support the Gluten Free Restaurant Awareness Program (GFRAP)

Questions?

E-mail Elyn at:
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Feed your mind (and your belly) at the December Meeting

Sunday, December 6th • Starting at 12:30 pm
Phelps Memorial Hospital, C Level

Our final meeting for 2009 will be one to remember. Join us as we feed our minds — and our bellies — with good conversation, homemade gluten-free goodies and information from one of the medical community's leading celiac disease physicians.

Bring your family, your children and your favorite homemade gluten-free dessert.
Here's the schedule of events:

**12:30 p.m. ✓ Meet, Greet & Let's Eat
The WCSSG Potluck Gluten-Free Café & Bake Sale**

Back by popular demand!

Bring your own homemade item to share, sample goodies from other members and meet our special guests. **FREE coffee and face painting!**

Proceeds go to support our local members of the Gluten-Free Restaurant Awareness Program.



1:30 p.m. ✓ Gluten-Free Vendor Sampling & Sales

Sample and purchase gluten-free products from this month's guest vendors.

- **Everybody Eats:** baked goods and special seasonal items like cornbread stuffing.
- **GFL Foods:** all-natural, gluten-free pita bread made in a dedicated kitchen.
- **Glow Gluten Free:** gluten-free and casein-free cookies in 4 varieties.
- **Katz Gluten Free:** gluten/dairy/nut-free and kosher baked goods, breads & more.
- **Your Culinary Experience:** chef-prepared meals, customized to specialty diets.

2:00 p.m. ✓ General Meeting featuring guest speaker Dr. Christina Tennyson

Catch up on the latest news from WCSSG and hear Dr. Tennyson, Assistant Professor of Clinical Medicine at the Celiac Disease Center at Columbia University. Dr. Tennyson will present an update on celiac disease, including:

- Information on diagnosis, treatment and research
- How vitamin and mineral deficiencies affect people with celiac disease
- Staying healthy with celiac disease and related disorders

Come ready with questions!

 Need directions? 
Visit: www.phelpshospital.org/visitor_travel_information/directions.php