

CELIAC DISEASE AWARENESS

Come join the Free Celiac Support Group that meets the first Tuesday of each month!

TIME: 7 PM

LOCATION: Hunterdon Medical Center, Wescott Drive, in Flemington, New Jersey. The meeting room is the conference room behind the employee cafeteria on the left.

THIS IS A FREE AND INFORMAL MEETING. We discuss the gluten-free lifestyle and places to shop and eat. Many companies who provide gluten-free products join us to share their products and donate samples to share with the attendees.

PEOPLE WITH THIS HEREDITARY DISEASE CANNOT EAT FOODS THAT CONTAIN THE PROTEIN "GLUTEN" FOUND IN GRAINS SUCH AS WHEAT, RYE, BARLEY AND SOMETIMES OATS. THE GLUTEN SETS OFF AN AUTOIMMUNE REACTION THAT CAUSES THE DESTRUCTION OF THE VILLI IN THE SMALL INTESTINE. EVEN THE SMALLEST AMOUNT OF CROSS CONTAMINATION CAN MAKE A PERSON WITH CELIAC DISEASE ILL.

FOR MORE INFORMATION CONTACT:
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Disclaimer: I am not a medical expert, but I can share with you information that I have found helpful. Please contact your medical professional for medical advice regarding your situation. Please verify the gluten free status of products often for your own protection. Read labels every time you shop!