

# FREE SEMINAR

## Celiac Disease and the Gluten-Free Lifestyle

*Restoring Health, Reclaiming Lives*



Join the Better Health Stores in welcoming Beckee Moreland, gluten-free industry expert and GREAT food service training director of the National Foundation for Celiac Awareness. Beckee is a recognized gluten-free market expert with the National Foundation for Celiac Awareness (NFCA), and has worked as a gluten-free consultant since 2008. As a consultant she has also worked with manufacturers such as Rudi's Organic Bakery on gluten-free product development, tasting panels and marketing.

Sponsored by: **BetterHealth**

Beckee will discuss:

- What is Celiac Disease?
- Current research about CD
- Symptoms and risk factors
- What is gluten-free?
- Living a healthy gluten-free life
- Shopping and dining tips

### At these Better Health Market's

**Frاندor (517) 332-6892**

Friday, October 15th at 6pm

**Novi (248) 735-8100**

Saturday, October 16th at 11am

**Grosse Pointe Woods (313) 885-5000**

Saturday, October 16th at 3pm

**Beckee Moreland** was diagnosed in 1992 with Celiac Disease, since then she has dedicated her time to serving the celiac disease community, leading her local celiac disease support group for over 15 years.



**RESERVE A TIME NOW! CALL YOUR LOCAL STORE!**

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