

Gluten-Free & Food Allergy Support Group

Location:

Bluffton Public Library/Lower Level Richland Room

Jan. 27- *"Living without Gluten"*

Show 'n' Tell: Bring your favorite g-f mix.

6:00 p.m.-7:30 p.m.

Feb. 24- *"Living With Soy, Nut, & Egg Allergies"*

Speaker Susan Kennedy

6:00 p.m.-7:30 p.m.

Mar. 24 - *"Living without Refined Sugar"*

Speaker Mary Claire Petro

6:00 p.m.-7:30 p.m. Free and open to the public!

Share recipes!

Enjoy food samples!

Meet supportive friends!

Gain valuable information!

Learn from others experiences!

Hosted by: Daisy Sutkay, Seasonal Sun Foods