



September 12, 2016, Support Group Meeting

- When:** Monday, September 12, 2016
- Time:** 6:15 pm - Doors open and vendors available for shopping
7:00 pm - Meeting starts
- Where:** Calvary Church
1051 Landis Valley Road
Lancaster, PA 17601
- Meeting Room:** Fellowship Hall
- Speaker:** Melinda Arcara (aka Gluten-Free Bebe)
Author and Certified Health Coach
- Program:** "3 Steps to Gluten-Free Living"
A practical step-by-step guide to the Elimination, Transition & Substitution of gluten to promote healing & health for life. Melinda suffered from migraines, stomach pains, anemia, anxiety, weight fluctuations, and joint pain throughout the first forty years of her life, in spite of having lots of family love and support. In 2010 she was finally diagnosed with gluten intolerance. Her goal is to share how she lives with better health through her 3 Steps to Gluten-Free Living approach.
- Vendors:** Arbonne Skincare, Nutrition, Hair & Baby Care
Ebenezer Wholistic Foods, LLC
- New - 6:15 pm** Celiac 101 Class for the Newly Diagnosed
Prior to Start of Program
Contact: Barb Emmerich at:
lac-education@lancasterareaceliacs.org

Notes:

- No reservations necessary. All are welcome.
- Vendors will be set up by 6:15 p.m. - come early to do your shopping and support them.
- For additional information check out our website: www.lancasterareaceliacs.org or contact one of our Co-Leaders at: lac-leader@lancasterareaceliacs.org.

Directions to Church:

- From Route 30 take Oregon Pike north to Landis Valley Road.
- Turn right at the light onto Landis Valley Road and travel approximately ½ mile
- Calvary Church is on the left.
- Take the second driveway (*East entrance*) into the church.
- Entrance is under portico, after church office entrance.