

# Gluten Free Eating



What is gluten, Gluten intolerance vs. Wheat sensitivity, Gluten free eating and recipes, gluten free resources and more.

**Date:** Wed. November 8, 2017

**Time:** 1:30 pm to 3:30 pm

**Location:** Northumberland FHT

**TO REGISTER**  
Call 289-252-2139  
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