



October 2, 2017, Support Group Meeting

When: **Monday, October 2**

Time: **6:15 pm - Doors open**
7:00 pm - Meeting starts

Where: **Calvary Church**
1051 Landis Valley Road
Lancaster, PA 17601

Meeting Room: **Fellowship Hall**

Program: **“Baking Demonstration” -- Join us for a gluten-free baking demo by Ruth Shirk, author of the “Amazingly Simple” cookbook. She will discuss flours/oils/sweeteners and why and when to use each. She will also tell us where to shop for these items at the lowest prices and will have items on hand for purchase.....just in time for the holiday season!**

New - 6:15 pm Celiac 101 Class for the Newly Diagnosed Prior to Start of Program

Notes:

- No reservations necessary. All are welcome.
- Doors will open at 6:15 pm.
- 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.