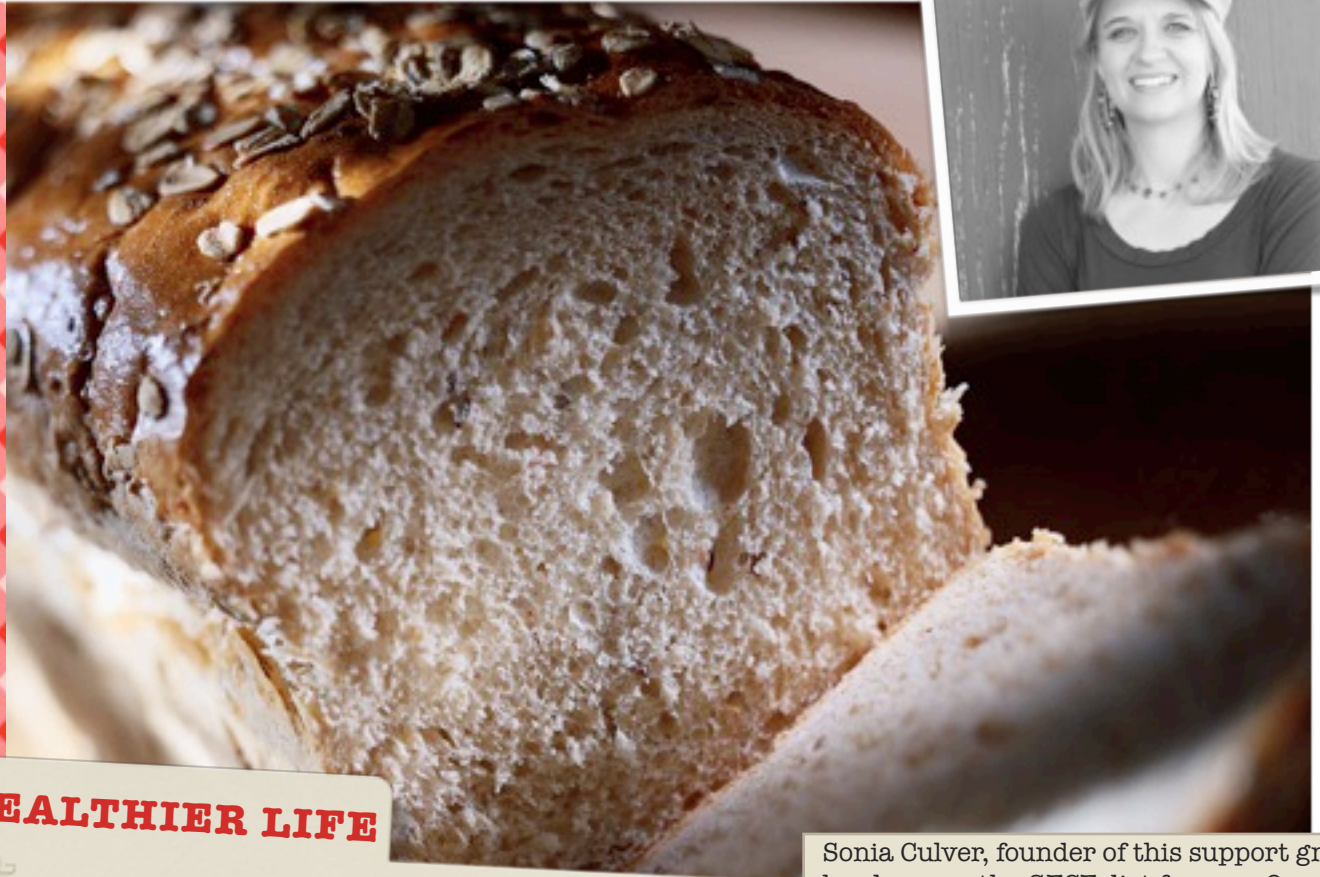


Gluten and Casein Free Diet Support Group



HEALTHIER LIFE

For those who have Celiac, ADD, ADHD,
Behavior Disorders or ASD

For more information, Call Sonia Culver at 319.358.6323
or email sonia@enrichmenttherapies.com

DATE: Friday, February 10

WHERE: Coralville Library, Meeting
Room B,

TIME: Promptly at 5:00 until 6:00 pm
Registration not required.

Sonia Culver, founder of this support group, has been on the GFCF diet for over 9 years. Sonia was diagnosed with Celiac disease and soon found out that her 2 daughters were intolerant to gluten and casein. Once she began the diet for them, their behaviors and overall health improved drastically.

As a speech-language-pathologist, Sonia has worked with children with ASD, ADHD and behavior disorders for over 15 years. She has seen huge improvements in her client's attention span, behaviors, and mental processing when the GFCF diet was implemented.

This support group is not to diagnose or treat but is a support system for families on the GFCF and other special diets. It will provide information about local resources, getting started, recipes, eating out, and much more. Come sample some delicious GFCF snacks too.