

For More Information
Contact



www.gluten.net

Who in your family has Celiac?



Mary Smith - Secretary
Symptoms:
• Weight loss
• Diarrhea
Diagnosis: Celiac Disease



Amy Hughes - 6th Grade
Symptoms:
• Fatigue
• Anemia
Diagnosis: Celiac Disease



Bill Jones - Politician
Symptoms:
• Constipation
• Joint pain
Diagnosis: Celiac Disease

celiac

A common disease with uncommon symptoms

Celiac disease is an incurable, hereditary, auto-immune disease that recent studies show affect as many as 1 in 133 people in the United States. Is this a rare disease? Hardly...1 in 133 equates to approximately 1.5 million people. Frequently misdiagnosed, Celiac disease has a broad range of symptoms and no "typical" symptoms. The symptoms of Celiac disease are triggered by the ingestion of gluten, the protein found in wheat, rye, barley and perhaps oats.

If you or a family member suffer from anemia, weight loss or gain, diarrhea, osteoporosis, skin disorder, irritable bowel, mood swings or other unexplainable symptoms - **Maybe it's something you ate... Maybe it's Celiac Disease.**

2009 Conference Speakers

Cynthia S. Rudert, MD
F.A.C.P.
Gastroenterologist
Atlanta, GA
Medical Advisor, GIG of
North America

Shelley Case, RD
Regina, SK, CAN
Gluten-Free Nutrition
Expert & Author of "Gluten
Free Diet"

Channon Quinn
Auburn, WA
Dir. of Industry Programs
GIG of North America

Jules E. D. Shepard
Catonsville, Maryland
Author of "Nearly
Normal Cooking for Glu-
ten-Free Eating" & "The
First Year: Celiac Disease
and Living Gluten-Free" ~
Creator of Jules Gluten Free
Flour mixes

*You won't want to miss this
great education opportunity.*

Learn more on Celiac Disease from national speakers at the
Gluten Intolerance Education Conference
Nov. 6 -7, 2009
Holiday Inn
Fargo, ND

For more info contact:

Red River Celiacs

P.O. Box 464, Fargo ND 58107

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www.redriverceliacs.org redriverceliacs@gluten.net

Dietician CEU's
Available

Sponsored by

Red River Celiac's
a branch of



Conference Agenda

Friday, November 6, 2009

- 4:00 p.m. Registration/Vendors
- 5:30 p.m. Dinner Buffet
- 6:15 p.m. Welcome
- 6:30 p.m. **Cynthia Rudert, MD, F.A.C.P.**
CD—Your Questions Answered
- 7:15 p.m. **Jules Dowler Shepard**
8 Essentials for a GF Kitchen
- 8:00 p.m. **Shelley Case, RD**
The GF Diet: Back to Basics

Saturday, November 7, 2009

- 7:30 a.m. Registration/Vendors Open
- 8:50 a.m. Welcome
- 9:00 a.m. **Cynthia Rudert, MD, F.A.C.P.**
Managing The Patient with Celiac Disease
- 10:00 a.m. Questions & Answers
- 10:15 a.m. **Shelley Case**
The Gluten Free Diet—What's New & What's Not
- 11:30 a.m. Questions & Answers
- 11:45 p.m. Group 1 Buffet/Group 2 Vendor Time
- 12:30 p.m. Group 2 Buffet/Group 1 Vendor Time
- 1:30 p.m. **Jules Dowler Shepard**
Demystifying Gluten Free Bread Baking
- 2:30 p.m. Questions & Answers
- 2:45 p.m. **Channon Quinn**
It's Easy Living Gluten Free with GIG
- 3:45 p.m. Questions & Answers
- 4:00 p.m. Closing

Hotel Information:

Holiday Inn
3803 13th Ave. S.
Fargo, ND 58103
(701) 282-2700

A block of rooms has been set aside, call to make a reservation before 10/15—ask for Red River Celiacs
Conference Rate ~ \$104.95

For more information contact:

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Sara Vollmer ~ sjvollmer@hotmail.com
redriverceliacs@gluten.net www.redriverceliacs.org

REGISTRATION

Your registration fee includes admission to all sessions, conference materials, and access to exhibits. All meals served as part of the conference are gluten-free and included with registration. All other dietary needs must be addressed with the hotel staff individually.

REGISTRATION DEADLINE OCTOBER 15, 2009

Late Registration fee after October 15, 2009

Name _____

Phone (____) _____

E-Mail _____

Address _____

City _____ State _____ Zip _____

PLEASE Fill out a SEPARATE form for each attendee

CONFERENCE FEE	FRIDAY	SATURDAY	Fri. & Sat.
Register by 10/15/09	\$55	\$75	\$100
Late Reg. after 10/ 15/09	\$65	\$85	\$115
CPEU Certificate needed _____	Certificate of Attendance Needed _____		
Print name for Certificate:			
TOTAL Fee Paid			\$

**Mail Registration & Make Checks payable to:
Red River Celiacs-GIG, P.O. Box 464, Fargo, ND 58107**

*If you wish to apply for a scholarship to attend, please contact:
Stacey Juhnke at 701-237-4854 or dsjuhnke@yahoo.com*