

2008 EVENTS

Gluten Intolerance Group Salt Lake City Branch

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Meetings held at St. Marks Hospital (1200 E. 3900 S. Salt Lake City 84124) unless otherwise noted.
All events are free and open to the public unless otherwise noted.

Salt Lake City Events	Presenters and Topics
January	Guest Presenter(s) Michelle Larsen & Guest "Celiac Disease"
January	"Breakfast Dining Out Without a Gut Ache" Location of restaurant TBA
February	Sandi Bigelow, SLC GIG Co-Chair "Alternative Grains Can Save You"
March	Betsy/Kirstee Owners of Eating Gluten Free "No Tears or Fears: Gluten Free Cooking Demonstration"
April	John and Sue Dawson, slide show of travels "Travelling abroad on the GF Diet"
April	Dining Out Restaurant Location TBA (Fundraising Event)
May	Dr. P.J. Pedersen, SLC GIG Medical Advisor "Pre and Pro Biotics" What are they? Why use them? Benefits to those with Celiac to take them?
June	Diane Bell, Owner Against the Grain "Earthquakes, Fires Floods: Preparing Your 72-Hour Kit"
July	Josh McPherron, SLC GIG Member "Gluten Free Blogging: Your GF Connection" Tim Coda, SLC GIG Branch Manager "Using GF Web Forums"
July	Coda Home "Using the Barbeque and Smoker for Smokin' GF Fun"
August	Potluck dinner Bring a Side dish to share for this meeting. "Quick Prep Menus and Cooking for One"
September	Potluck "Blue or Red Tailgating, the Gluten Free Way"
October	Dieticians of St. Marks Hospital "Secrets Only the Insiders Know"
November	Thanksgiving Appetizer Potluck "Surviving Thanksgiving Day"
November	Eighth Annual Pre-Thanksgiving Feast
December	Holiday Cookie Exchange
December	Holiday Open House "Celebrating 2008 GIG Volunteerism"

Free Celiac 101 Classes– Time and Specific Dates for 2008 TBA. Visit www.gfutah.org.

March
June
September