

Celiac Disease – Going Gluten-Free



Have you been diagnosed with celiac disease and want to learn more about the gluten-free diet? Join a Dietitian to learn about:

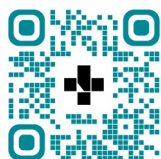
- What is celiac disease
- How to eat nutritiously while following a gluten-free diet
- Ways to avoid and limit cross-contamination at home and when eating out

Class Type	Dates	Time	How to Register
1-hour Online class	Wednesday, April 9	1:00 p.m. – 2:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Tuesday, May 6	2:30 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, May 15	9:00 a.m. – 10:00 a.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, June 11	10:30 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, June 18	1:00 p.m. – 2:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Tuesday, July 22	9:30 a.m. – 10:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

Call a registration number or click on “register online” for additional dates offered by that zone.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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