

# 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
1.5-hour Phone class	Wednesday, November 15	9:30 a.m. – 11:00 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
1-hour Online class	Wednesday, November 22	1:00 p.m. – 2:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
1-hour Online class	Monday, December 11	1:00 p.m. – 2:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
1.5-hour Online class	Tuesday, December 12	1:30 p.m. – 3:00 p.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary 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.

