

Virtual Gluten-Free Education Group Classes

Open to Registered Patients of the Celiac Center at BIDMC
Offered monthly
6:15-7:30pm

Instructor: Melinda Dennis, MS, RDN, LD
Nutrition Coordinator, Celiac Center, BIDMC

Are you newly diagnosed with celiac disease? Do you need a refresher? Then join Melinda for one or more virtual power point presentations followed by a group discussion on these topics and more:

- July 12: Gluten-Free Labeling 101: Basics of Labeling Laws/Cross Contact
- July 19: Gluten-Free Labeling Deep Dive: Advanced Labeling/Cross Contact (You do not need to attend 101 to attend Deep Dive)
- August 9: Gluten-Free Labeling 101: Basics of Labeling Laws/Cross Contact
- August 23: Dining out & Traveling, Reliable Resources for Shopping/Living

You are welcome to attend these virtual classes before or after your nutrition appointments with Melinda. These virtual classes are optional; Melinda will address the most relevant topics with you over the course of several clinical nutrition visits.

What to have for this class:

- The video conference platform Microsoft Teams installed on your computer
Melinda will share a presentation; using your video is optional/encouraged
- Be comfortable being in a group teaching setting

Registration is free but space is limited for this virtual event. Register by phone at 617-667-1272 or email glutenfreenutrition@bidmc.harvard.edu. Please call/email with your full name, phone number, email, and best time to reach you.