



Tri-County Celiac Support Group
P.O. Box 301
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PRESS RELEASE

For Immediate Release
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Tri-County Celiac Support Group (a 501(c)3 support group for people with Celiac Disease, Dermatitis Herpetiformis and Gluten Intolerance) is excited to announce our event calendar for the 2016-2017 year. All events listed will be held at First Presbyterian Church of Farmington Hills – 26165 Farmington Road, Farmington Hills, MI. More information can be found at www.tccsg.net or our facebook page “Tri-County Celiac Support Group”

September 19, 2016 (Monday)
7pm-8:30pm (Doors open at 6:30pm)



Free Celiac Awareness Event! Filming of “The Celiac Project” Documentary by Michael Frolichstein & Local Expert Panel Discussion

Description: “The Celiac Project” is a dynamic, first-of-its-kind documentary about life before and after the diagnosis of celiac disease. Filmmaker Michael Frolichstein guides viewers through his own epic journey to understand the roots of the ‘mysterious ailments’ he had experienced most of his life, to meet others who suffer from celiac disease, and to get answers from experts on why diagnosis can be so elusive. **Members / Non-members: Free**

October 10, 2016 (Monday)
7pm-8:30pm (Doors open at 6:30pm)



Celebrate the Season with Small Bites by Lori Shepard - Gluten Free Cooking Demo/Sampling - Simply Scrumptious Catering. Demos include Savory Hors d’oeuvres ~and~ Petite Sweets. **Members: Free, Non-members: \$10**



October 29, 2016 (Saturday)
5pm – 7pm (Doors open at 4:30pm for
registration & candy checks)

HALLOWEEN PARTY FOR KIDS

4th Annual GF Halloween for Kids (to age 17)
Kids with Celiac / Gluten Intolerance and their
siblings are invited to join us. Kids must be
supervised by a parent / guardian 18 or older.
Kids will trunk or treat, play games, have some GF
snacks and get to know one another. All families
participating in trunk or treat need to bring GF /
Nut Free Candy. **Members: Free, Non-members:
\$5/person**

November 14, 2016 (Monday)
7pm-8:30pm (Doors open at 6:30pm)



I'm Gluten Free & I Still Don't Feel Well! By
Melinda Dennis MS, RD, LDN
Nutrition Coordinator, Celiac Center, Beth Israel
Deaconess Medical Center, Founder of "Delete the
Wheat LLC" (see website DeletetheWheat.com for
Wellness Retreat Information), Executive
Committee Member, Celiac Research Program at
Harvard Medical School. This event will provide
1.5 CEU to Registered Dietitians. **Members: Free,
Non-members: \$10, Registered Dietitians
earning 1.5 CEU certificate: \$15/person**

January 9, 2017 (Monday)
7pm-8:30pm (Doors open at 6:30pm)



What Do You Want to Know about the GF Diet??
By Lana Coxton MS, RD, CNSC, ACSM EP-C. We will
ask our membership in September & October what
they'd like to learn about. Based on these
submissions, Lana, our fabulous dietitian, will
design her presentation around your questions.
Members: Free, Non-members: \$10



February 13, 2017 (Monday)
7pm-8:30pm (Doors open at 6:30pm)



Living with Celiac Disease by Dr. Riehl, PhD Psychologist at University of Michigan Health System. Dr. Megan Riehl is a licensed clinical health psychologist with extensive experience working with individuals with various physical and mental health issues. She specializes in the treatment of gastrointestinal problems and anxiety related-disorders. **Members: Free, Non-members: \$10**

March 13, 2017 (Monday)
7pm-8:30pm (Doors open at 6:30pm)



The Gluten Intolerance Group by Cynthia Kupper RD, CD and CEO of "The Gluten Intolerance Group". Learn about the tools and resources that GIG provides our community to live a better GF life – like being able to dine out safely. **Members: Free, Non-members: \$10**

May 6, 2017 (Saturday)
10am – 2pm

TCCSG's 16th GF Food Fair
Come meet GF Food Vendors and Local Restaurants. Most vendors will provide food samples and sell their products. **Members: Free, Non-members: \$10/family**

Note regarding additional events:

Please note that additional events including more kids events, 3rd annual picnic and 5k Run/Walk will be announced at a later date as details are finalized.