



NUTRITION SERIES

GLUTEN FREE, YES OR NO?

Learn what gluten is, where it's found, what the difference is between gluten sensitivity and gluten allergy, what symptoms to look for, and what tests to seek from your doctor. Please join us for important insights, useful demonstrations, and delicious food samples.

WITH CHEN BEN ASHER

Board Certified in Holistic Nutrition Consultant, M.A.



MONDAY, MARCH 28th

10:30 – NOON

At a private residence in Palo Alto

Address to be provided upon registration

\$15 charge

RSVP Required: Programming@sequoia-hadassah.org