



The Pediatric Celiac Center at Advocate Children's Hospital  
Park Ridge presents  
**Navigating the Gluten-Free Diet during College**



**Wednesday January 18, 2017**

**6:30-8:00pm**

**Advocate Lutheran General Hospital  
Center for Advanced Care, room 1220, 1<sup>st</sup> floor  
1700 Luther Lane, Park Ridge, IL  
FREE EVENT**

Tips on Navigating Dining Services, Shopping and eating out  
During the College Years

Q & A Panel of Young Adults *and* Celiac experts:

- **Michael Frolichstein**, director Celiac Project documentary
- **Kim Koeller**, founder of Gluten-Free Passport, master trainer for restaurants, schools and universities
- **Denise SanFilippo**, expert gluten-free chef
- **Dr. Esperanza Garcia-Alvarez**, MD Medical Director
- **Carrie Ek**, RD, nutritionist and coordinator

SPACE IS LIMITED, REGISTRATION IS REQUIRED

To register: contact Carrie Ek, 847-723-7176  
Or [carrie.ek@advocatehealth.com](mailto:carrie.ek@advocatehealth.com)

 **Advocate Children's Hospital**