



WATERDOWN CLINIC
of Naturopathic Medicine

Thursday December 2, 2010

Getting Started – Creating your Gluten Free Kitchen

How to get the whole family involved, participating, understanding and most importantly enjoying gluten free foods.

A one hour step by step introduction on how to lead the way to a healthier lifestyle for the whole family!

Thursday December 9, 2010

Getting your Kids on Board – How do you do it?

A one hour introduction on how to get your kids involved in the gluten free kitchen - understanding why, getting them involved, and some excellent recipe ideas that they will really enjoy!

Cost: \$20.00 per person or ***both for \$35.00***

Time: 7:00 pm to 8:30 pm

Location: Waterdown Clinic of Naturopathic Medicine
250 Dundas St E, Waterdown, On L0R 2H4

Limited space!! Please call the clinic at (905) 690-9151 or email us at
info@waterdownclinic.com