



BULLETIN NO. 1

Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

online at WWW.SouthernArizonaCeliacSupport.org

SEPTEMBER 2011

DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.

General meeting September 24th at 9am Pima Community College

Our guest speaker for this meeting will be Carmen Palacio, RD. She will be discussing the link between the gluten free diet and Autism. Is following the GF/CF diet beneficial for those suffering from Autism?

Carmen also plans to include information about the benefits of following this same diet for those diagnosed with various mental illnesses .

If you know anyone suffering from any of the above conditions, this general meeting is for you! Tell your friends, family, teachers and your physicians about this important meeting, as it may make a difference in your opinion of the current treatment plan for these maladies.

YOUR SUPPORT GROUP NEEDS YOUR INVOLMENT!

SACS has partnered with Tucson Meet Yourself for the October 14-16, 2011 Annual Festival. Over 100,000 people are expected to attend this event.

This outreach will help us further our mission to educate others by sharing educational information about celiac disease and gluten intolerance issues.

To put it simply, **we need you to help us carry out our mission**

statement by devoting a few hours of your time in the SACS area over the course of this TREMENDOUS THREE DAY event. **We need your valuable input** to make this outreach successful.

SACS wants you to know that being part of a support group can be very rewarding. You can help others find answers about diet, medical care, dining out in restaurants, and any other questions or concerns one might have about celiac disease.

If you haven't seen the article in CSA's LifeLine, this entire opportunity is built upon the foundation of this year's Tucson Meet Yourself theme—Traditions of Health and Wellness.

We encourage any one willing to donate a few hours of their time to the planning and running of the SACS area to attend this event.

Share your knowledge with others! Support your Support group by caring out the simple statement of "Celiacs helping Celiacs."

If you are interested in helping but cannot attend the next meeting please contact Kim Pebley or Pat Hirsch (as listed under contacts) to learn more. More information will also be available during our September 24th General Meeting.

We look forward to hearing your ideas for our area and getting to work with you soon.

For more information regarding

Tucson Meet Yourself visit www.tucsonmeetyourself.org.

Warmest Regards,
SACS Executive Board



Calendar

Sept. 24th - 9am, General Meeting, Pima Community College District Campus, 4905 East Broadway Boulevard
Sept. 27th - 6pm Fourth Tuesday Dining Out , Location TBD—check online calendar for an update
Sept. 28th - 1pm, Roundtable, Ward 6 City Hall, 3202 E. 1st Street

Oct. 14th @ 12pm, Lunch Bunch, Location TBD—check online calendar for an update

October 14, 15 and 16th - SACS at Tucson Meet Yourself

Oct. 25th—6pm, Fourth Tuesday Dining Out , Location TBD—check online calendar for an update

Oct. 26th - 1pm, Roundtable, Ward 6 City Hall, 3202 E. 1st Street

Please see website for updates.