

# WHEATVILLE CELIAC SUPPORT GROUP

Invites You To Participate In A

## **BOB & RUTH'S** Gluten-free **DINING & TRAVEL CLUB**

### **GOING OUT TO EAT & TRAVELING GLUTEN-FREE WORKSHOP**

Saturday, February 30, 2010 1:00 p.m. ~ 5 p.m.

Wheatville General Hospital 1 Waving Wheat Field Wheatville, KS

**GOING OUT TO EAT** at restaurants, friends or relatives homes, catered affairs, etc. is a major part of most Americans lifestyles. In fact, if you think about it, just about every aspect of our social lives ends up with food involved. Even the usually cherished **VACATION** becomes more of a problem than a pleasure.

**MOST** Celiacs, because of their Gluten-free diet, begin to **DREAD** these occasions, rather than enjoy them. **MANY STOP GOING OUT TO EAT** or traveling completely! Be it out of fear, embarrassment or lack of knowledge we let Celiac Disease take over our lives and not just our diet.

**YES, We must strictly adhere to our gluten-free diet to maintain our health.** but we don't have to let Celiac Disease become something even bigger than it is. Once diagnosed and strictly following the gluten-free diet most of us, after a reasonable period of time, are as healthy as other humans, with all the normal ails and ills. We can and should be able to make those adjustments that will allow us to enjoy our lives to the fullest - even with the inconveniences of our dietary restrictions.

No doubt about it - it can be overwhelming, but together we can approach the problem on a personal, Celiac helping Celiac, logical step-by-step basis and come up with the best way for **YOU** to deal with it in your life. You're not alone. We are all overwhelmed by it at one time or another. It's how we deal with it that makes a big difference.

**Bob & Ruth's** was started by Bob & Ruth Levy in the fall of 1998. Bob is a Celiac with a fresh, positive attitude toward what a Celiac's lifestyle should be like and the ability to convey that message to other Celiacs. We arrange Gluten-free Getaways 3 to 4 times a year to the Caribbean, Culinary Institute of America, Nassau, Alaska, Catskill Mountains, the Mediterranean, New Orleans, Scandinavia and more to come. "Gluten-free Friendly Menus", and a quarterly newsletter that, among other things, highlights national chain restaurants' menus and much more. Our mission is to help other Celiacs learn to relax and enjoy their lives despite the regimentation and inconvenience of the gluten-free diet.

### **OUR WORKSHOP WILL GIVE YOU THE TOOLS TO:**

- ⊗ Read a menu - Gluten-free style
- ⊗ Be more creative in ordering foods out
- ⊗ Talk Chef talk
- ⊗ Ask for help (and get it)
- ⊗ Be less self-conscious
- ⊗ Be more assertive
- ⊗ Know your diet
  - ⊗ Explore other cultures' foods
  - ⊗ Handle business dinners
  - ⊗ Deal with Kid's menus
- ⊗ Go to dinner at friends and family homes
- ⊗ Prepare for those awkward first dinner dates
  - ⊗ And, More

**So That We may Adequately Provide For Supplies and Comfortable Seating we require Registration  
NO LATER THAN FEBRUARY 20, 2010**

**For information or questions call (LOCAL TELE #) or e-mail us at [info@bobandruths.com](mailto:info@bobandruths.com)**

