



Is Gluten Free Right for Me

Nutrition Workshop

Tuesday, May 20, 1:30-2:30 pm
JCC MetroWest • Tepper Hall

May is Digestive Health Month. Join Michelle Pasia, MPH, RDN, dietitian and coordinator for the Kogan Celiac Center (rwjbh.org/koganceliac) to understand when a gluten free diet is needed and learn which foods are free of gluten.

Free to all • Registration required

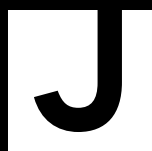


Visit jccmw.us/gluten-free25
or scan QR code to register

RWJBarnabas
HEALTH

Cooperman Barnabas
Medical Center

For more information, contact Ellen Robertson, Wellness Director,
at erobertson@jccmetrowest.org or 973-530-3415.



MetroWest
760 Northfield Avenue
West Orange, NJ 07052
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JCC MetroWest strives to ensure access and meaningful participation by all members of the community.



Jewish Federation
of Greater MetroWest NJ

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