



Sponsored by the Celiac Sprue Association Support Group, Chapter 73 of Northwest Arkansas

**Friday, July 23, 2010**

Embassy Suites, John Q. Hammons Conference Center  
Rogers, Arkansas

7:30am – 8:30am Registration  
8:30am – 5:00pm Welcome and Program  
5:00pm – 5:30pm More Exhibit Time

Great speakers, vendor booths, cooking demonstrations and gluten-free food!

***Dietitians have been approved for 7 CPE hours by the  
Commission on Dietetic Registration.***

Here is a sneak peak of the speakers we will be presenting:

- Shelly Asplin, MA, RD, LMNT, Registered Dietitian, Coordinator of Nutritional Programs, Celiac Sprue Association
- Anne Roland Lee, MSED, RD, LD, Director of Nutritional Services for Schar USA
- Chef Robert Landolphi, author of *Gluten-Free Every Day Cookbook*

Here is a list of the topics that will be covered:

- *Rescue me, I was glutened!*
- *Super Foods and Nutrition*
- *Gluten-Free Lifestyle: Around the house*
- *Gluten-Free Lifestyle: Out and About*
- *Coping with Celiac: I'm new at this!*
- *Coping with Celiac: Now What?*

Early Bird tickets are \$50 per person (deadline by mail July 16<sup>th</sup> or phone July 21<sup>st</sup>). This all day ticket includes entrance to lunch, workshops and the vendor fair. Tickets will be available by calling 877-272-4272 and paying by credit card, or by mailing a check (payable to the Celiac Sprue Association), and the order form below, by July 16<sup>th</sup>, to:

Gluten Freedom Day  
PO Box 3238  
Bella Vista, AR 72715

In order to be added to the registration list correctly, please include the name of the persons attending, email address, and phone number. If you don't manage to purchase your tickets by the deadline, never fear, tickets will be available at the event. The cost of the ticket will be \$75.00 per person at the door.

If you need lodging for the night, a block of rooms have been set aside at the Embassy Suites Hotel in Rogers. You can book online by following this link, or by calling 479-254-8400. Directions to the hotel can be found at <http://www.northwestarkansas.embassysuites.com>. Be sure to use the group code CA2. Information on the surrounding area can be found at <http://visitrogersarkansas.com>.

If you have any questions or interest in sponsoring the event or being a part of the vendor fair, please call 417-435-2193 or email [glutenfreefriendsnwa@gmail.com](mailto:glutenfreefriendsnwa@gmail.com).

## Gluten Freedom Day Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (C): \_\_\_\_\_

Email: \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Please include the name of all persons attending, email address, phone number to add to our registration list. If registering children, please include age.

Ticket Type		Advance Purchase		Walk In Price
		Ticket Price	Number of Tickets	
All Day	Adult	\$50		\$75
	Student	\$40		\$50
	Under 12	\$25		\$30
Half Day	Adult	AM	\$30	\$40
		PM	\$30	
	Student	AM	\$25	\$30
		PM	\$25	
	Under 12	AM	\$15	\$25
		PM	\$15	
Lunch and Vendor Fair	Adult	\$20		\$25
	Student	\$15		

