

Kogan Celiac Center of the  
Saint Barnabas Health Care System

SUPPORT GROUP SCHEDULE

<b>Month/Topic</b>	<b>KCC-N</b> Saint Barnabas Ambulatory Care Center East Wing Conference Room #116 200 South Orange Avenue Livingston, NJ 07039 All meetings 6:30-8:00pm	<b>KCC-S</b> Monmouth Medical Center Maysie Strook Pavillion #A001 300 Second Avenue Long Branch, NJ 07740 All meetings 6:30-8:00pm
<b><u>July – Enriching the Gluten Free Diet:</u></b> Some gluten free products are not enriched like their gluten-containing counterparts. Hear our recommendations for eating as nutritionally complete a diet as possible.	Tuesday, July 14	Thursday, July 23
<b><u>August – Dining Out Strategies:</u></b> What restaurants are celiac friendly? What are some strategies that help ensure the safe preparation of your food? Let's share our experiences with this very important topic.	No Meeting	Thursday, August 20
<b><u>September – Gluten Free on a Budget:</u></b> Is gluten free shopping breaking the bank? We'll explore some changes you can make that really add up!	Adults: Tuesday, 9/08 Children/Teens: Tuesday, 9/15	Adults: Thursday, 9/17 Children/Teens: Thursday, 9/24
<b><u>October – Gluten Free Weight Loss Products:</u></b> Gluten free foods can be higher in calories and fat than their mainstream counterparts. Come to discuss suggestions for weight management and hear about various GF weight management products	Adults: Tuesday, 10/6 Children/Teens: Tuesday, 10/13	Adults: Thursday, 10/22 Children/Teens: Thursday, 10/29
<b><u>November – Topic TBA</u></b>	Adults: Tuesday, 11/3 Children/Teens: Tuesday, 11/10	Adults: Thursday, 11/19 Children/Teens: TBA
<b><u>December – HOLIDAY FOOD EXPO</u></b>	TBA	TBA