

**CELIAC DISEASE AWARENESS:
LET'S SPREAD IT FAR AND WIDE.**

Celiac disease is a genetic, autoimmune disorder affecting both children and adults. People with Celiac disease are unable to digest foods that contain gluten (found in foods containing wheat, rye, barley, and their derivatives.)

Although Celiac disease is one of the most common chronic health disorders in western countries, **IT IS ALSO ONE OF THE MOST UNDERDIAGNOSED.** Recent studies show that around 3 million Americans, or about 1 in 133 people have Celiac disease, but over 2.5 million are as yet undiagnosed.

Without greater awareness and screening, Celiacs are at greater risk for developing additional health disorders — many of which are avoidable with diagnosis and treatment.

HELP US SPREAD THE WORD...

Join us for the 8th annual Walk for Celiac Disease Awareness (Making Tracks for Celiacs) on Saturday, May 16th at the Clarence Town Park, located at 10405 Main Street.

Enjoy a 1.5 or 3 mile walk conducted by the WNY Gluten Free Diet Support Group, Inc. Funds raised for Celiac disease research will go to the University of Maryland Center for Celiac Research and other national and local Celiac initiatives.

REGISTRATION begins at 10:00AM
WALK starts at 11:00AM
ACTIVITIES & GLUTEN-FREE FOOD start at 11:30AM

AFTER THE WALK, ENJOY:

- 4-minute neck and shoulder massages (adults only)
- Chicken BBQ (first 225)
- Ice cream and beverages
- Live music
- Local vendors selling gluten-free products

PLUS, FUN FOR THE KIDS:

- clowns
- face painting
- bounce house

After the walk, enjoy the village of Clarence. Brochures will be available.

**JOIN THE WNY GLUTEN-FREE DIET
SUPPORT GROUP AND CELIACS ACROSS
AMERICA FOR THE 8TH ANNUAL**

WALK *for*
Celiac Disease
A W A R E N E S S



**SATURDAY
MAY 16, 2009**
at the Clarence
Town Park

...spread it far and wide!

