



Eating Gluten-Free

November 10 Health Lecture

First United Methodist Church, Mechanicsburg, will host a health lecture on **Choosing to Eat a Gluten-free Diet** on Tuesday, **Nov. 10, 2020** at 7:00 p.m. via Zoom conferencing. Giant Foods nutritionist, Kilene Knitter, MS RD LDN, as well as a 'panel presentation' from First Church members who maintain a gluten-free diet will be our presenters. To register and to receive the Zoom link for the presentation, please contact Janice Bowen at wecare@fumchurch.com or 717-766-4611, ext. 112.

The lecture is free and open to the public.