



If you have Celiac Disease or gluten sensitivity, many thoughts may be going through your mind:

- Why me?
- What am I going to eat?
- Where will I shop for my food?
- Can I still eat out?

**THERE ARE POSITIVE  
ANSWERS TO THESE AND  
OTHER QUESTIONS!**

If you have been diagnosed, the next step is to meet with a registered dietitian nutritionist (**RDN**).

During this consultation, additional information will be provided to you about the gluten-free diet.

In addition to meeting with an **RDN**, you may want to consider joining us at **MAGIC**, the Madison Area Gluten Intolerance Chapter.

The group can provide information and resources and is a place to meet others with similar dietary needs.

The group typically meets on the second Saturday of the month (except in January and August) and we sometimes hold group meals at local restaurants.

Most meetings feature a guest speaker, followed by discussion, taste testing, an opportunity to share news, recipes, tips and techniques and tasty treats.

There is also an opportunity to share personal experiences and discuss any special problems.

Participation is optional.

**All information shared is kept within the confines of the group.**

Upon becoming a member of **MAGIC**, you will receive our monthly newsletter.

You may also like to check out the following websites:

Beyond Celiac  
<https://www.beyondceliac.org/>

Celiac Disease Center  
at the University of Chicago  
<http://www.cureceliacdisease.org>

Celiac Disease Foundation  
<https://celiac.org>

Gluten Free Resource Directory  
<http://glutenfreeresourcedirectory.com>

National Celiac Association  
<https://www.nationalceliac.org>

Membership dues are \$15 each year and are due on September 1st.

Please contact one of the officers listed on the back page if you have any questions.

**WE LOOK FORWARD TO  
MEETING YOU!**



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**MADISON  
AREA  
GLUTEN  
INTOLERANCE  
CHAPTER**

**(M A G I C)**

**Chapter 41 of the  
National  
Celiac Association**

