



You have just been diagnosed with Celiac Disease, also called Celiac Sprue or gluten intolerance. Many thoughts may be going through your mind –

*Why me?*

*What am I going to eat?*

*Where will I shop for my food?*

*Will I ever eat in a restaurant again?*

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

Now that you have been diagnosed with Celiac Disease, the next step is a consultation with a dietitian. Additional information will be provided to you during this consultation about the gluten-free diet.

After you have met with the dietitian you will want to consider joining the Madison Area Gluten Intolerance Chapter (**MAGIC**). This is a resource group organized to provide information, resources and a place to meet others with Celiac Disease.

The group meets monthly except January and August. A group dinner in a restaurant is usually held in May. A typical meeting may include a featured speaker along with sharing of recipes, resource materials and good gluten-free food! Also, gluten-free cookbooks are available for loan from the MAGIC library collection which is available at monthly meetings.

A portion of most meetings is reserved for sharing personal

experiences and discussing special problems. Participation is optional. All information shared is kept within the confines of the group.

Upon becoming a member of the Madison Area Gluten Intolerance Chapter (**MAGIC**), you will receive a packet of information to help you get started living gluten-free. The New Member Packet includes:

- ◆ information about celiac disease,
- ◆ gluten-free recipes,
- ◆ where to shop for gluten-free foods in the Madison area,
- ◆ a Product Guide of brand name gluten-free foods,
- ◆ a list of mail-order companies that sell gluten-free foods,
- ◆ information about national organizations with which MAGIC members may affiliate, and
- ◆ a “Welcome Bag” of gluten-free food products.

For new members, membership is \$25 for the first year which includes the New Member Packet. Thereafter, dues are \$20 per year. Please contact one of the officers listed below regarding membership, questions about Celiac Disease, the gluten-free diet or other concerns you may have.

**We look forward  
to meeting you!**

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**MADISON AREA  
GLUTEN  
INTOLERANCE  
CHAPTER**

**(M.A.G.I.C.)**

**Affiliated with the  
Celiac Sprue Association  
(CSA/USA)**

Visit our web site at  
<http://www.glutenfreemadison.org>

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