



*Special Diets for Amazing Kids.  
Meal ideas for busy families  
just in time for school.*



- **Have you ever wanted to get started with a special diet such as Gluten Free/ Casein Free, but weren't sure how to start?**
- **Are you looking to move beyond Gluten/ Casein Free to eliminate additional foods?**
- **Are you looking for new recipe ideas?**
- **Are you wondering how to implement special diets for school lunches?**
- **Are you interested in learning how to work with your doctor to identify and address food sensitivities?**

**Please join us in trying samples of new foods, get ideas for how you can prepare for the school year with meal planning and recipes that are easy to make and are free of Gluten, Casein, Soy, Corn, and low in sugar. We will also provide ideas for GAPS/ SCD.**



Cindy Keely is a parent and advocate for special needs children. Her son suffered for years from life threatening asthma, allergies, autism, ADHD, developmental disabilities, and vision loss. Her son has made remarkable progress and she hopes to help others.

When she is not cooking something up in the kitchen, she provides coaching and training for IT Executives in PA, DC, and NJ.



Dr. Kathy Ferraro is owner of the Center for Holistic Medicine in Carlisle, PA. She is Board certified in emergency medicine and American Board of Integrative Medicine; specializing in Functional Medicine, Integrative Medicine and Medical Acupuncture. She is blessed with a nine year old daughter with autism spectrum and has a special interest in treating autism spectrum disorders. She received training in bio medical treatment of autism spectrum disorders through Autism Research Institute. For more information please visit: [www.cntrholisticmed.com](http://www.cntrholisticmed.com)

**Please Join Us!**

**When:** Monday August 19, 2013 from 6 to 8PM

**Where:** 7327 Main Street  
Harrisburg, PA 17112  
Near corner of RT 22 and Clover Lane

Space is limited so please RSVP by August 12<sup>th</sup>  
Childcare is not available.

**Call: 717-743-5310**

**Email: [HbgAutismMom@gmail.com](mailto:HbgAutismMom@gmail.com)**

**Bring some of your favorite recipes to exchange with others as part of our recipe exchange.**