

“Gluten Free Processed Foods & Flours – what to look for and what to avoid”

by Lana Coxtan MS, RD, CNSC, ACSM EP-C

Monday, January 8th, 2018

7pm – 8:30pm

Doors Open for Networking, Fun Activities & Giveaways at **6:30pm**

First Presbyterian Church
26165 Farmington Road (at 11 Mile Rd)
Farmington Hills, MI 48332

Members - Free Non-Members - \$10



Lana Coxtan has worked in the field of Health & Wellness for over 15 years. She is a Registered Dietitian with educational degrees in Sports Medicine, Dietetics and Human Nutrition. Lana is currently employed with St. John Hospital and Medical Center as an Inpatient Clinical Dietitian / Nutrition Support Clinician. Lana teaches for Madonna University, instructing future dietitians and healthcare providers. Lana also provides nutrition consultations specializing in gastrointestinal disorders that include celiac disease, non-celiac gluten sensitivity, food sensitivities and allergies. Lana is a member of the Academy of Nutrition and Dietetics, American Society of Parental and Enteral Nutrition and the Michigan Nutrition and Dietetic Educators and Preceptors.