



*"Learning to Live a **Gluten-Free** Lifestyle."*

"Gluten Free Facts that Every Person with Celiac Must Know"

By Lana Coxtton, MS, RD, CNSC, ACSM EP-C

Monday, October 15, 2018

7pm – 8:30pm

Doors open at 6:30pm for Networking / Fun

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

Members – Free Non-Members - \$10

Lana Coxtton has worked in the field of Health & Wellness for over 20 years. Her educational background includes a Bachelor of Science in Sports Medicine from the University of Detroit Mercy and a Bachelor of Science in Dietetics from Madonna University. Lana is a Registered Dietitian who completed her dietetic internship at Hurley Medical Center, Level One Trauma Center, in Flint Michigan. Additionally, Lana has a Master of Science in Human Nutrition from Eastern Michigan University. She is a Certified Nutrition Support Clinician and certified by the American College of Sports Medicine as a Certified Exercise Physiologist. Lana was also accepted into the University of Chicago Celiac Disease Center's Preceptorship program with successful completion.

Lana is an inpatient clinical dietitian for Vibra Hospital of Taylor Michigan. She currently owns and operates Lana Coxtton Nutrition where she provides nutrition consultations specializing in gut health, food allergies/sensitivities, diabetes, pre-diabetes and metabolic syndrome.

You can catch Lana this fall when her Nutrition Talk Show will debut on RTN The People's Television Network!

Website: www.lanacoxton.com
Instagram: @rdlanacoxton (no underscore)

