



Navigating a Gluten-Free Diet with Confidence

Wednesday, March 4, 2026 | 6 p.m.

Location: Zoom Meeting

Join **Korie Mangiaracina**, clinical dietitian from Capital Health Food and Nutrition Services, to learn about the differences between celiac disease, wheat allergy, and gluten intolerance. The discussion will also include guidance for identifying foods that contain gluten, finding gluten-free alternatives, and resources available to help you adapt to a gluten-free lifestyle.

This event will be taking place virtually using Zoom. Register online at capitalhealth.org/events and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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