



**Team Gluten-Free is a community fundraising program that provides a simple way to raise awareness and funds for celiac disease. As a member, you have access to many resources to help make planning and hosting your event/fundraiser as simple and stress-free as possible.**

Fundraising efforts may include any event from marathons to triathlons, BBQs, walks, portion of proceeds, and virtual fundraisers! The money raised by Team Gluten-Free members goes directly toward celiac disease research, advocacy, and education programs.

## TEAM GLUTEN-FREE WHY SHOULD YOU JOIN?

The money that you raise as a Team Gluten-Free member supports the Foundation's mission to drive early diagnosis and treatment of celiac disease. You can play an active role in ending the needless suffering and improving the quality of life for you, your loved ones, and future generations.

- MEMBERSHIP INCLUDES**
- An online fundraising page with a unique URL customized with your personal story and event information
  - An online fundraising platform to track emails and donations
  - The CDF Team Gluten-Free Handbook, your go-to guide with fundraising tools and tips
  - Access to the CDF Team Gluten-Free logo, banners, and other collateral
  - Assistance from the Foundation staff and CDF Team Gluten-Free community



## DID YOU KNOW?

**Celiac disease** is a serious, hereditary autoimmune disease where the ingestion of gluten damages the small intestine. It is estimated to **affect 1 in 100 people worldwide.**

An estimated **3 million Americans** are **undiagnosed and are** at risk for long-term health complications.



## JOIN THE **TURKEY TROT 5K!**

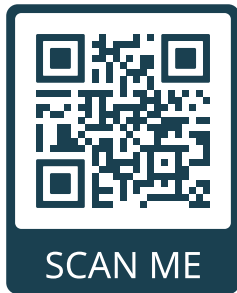
**Every November, the Celiac Disease Foundation hosts an annual Turkey Trot 5K Fun Run/Walk, an inspirational event that raises funds for celiac disease research to accelerate treatments and a cure.**

This event allows participants to join from anywhere and choose their own health adventure of any physical activity – walking/running, mini-golf, ping-pong, yoga, gardening, and more – that can count as “steps” toward the 3.1-mile goal. The Turkey Trot is a beloved event that continues to grow and empower our community while cultivating lasting relationships.

FOR MORE INFO, EMAIL OR CALL SHALEI L'HEUREUX AT:

**[shalei.lheureux@celiac.org](mailto:shalei.lheureux@celiac.org) • 818.716.1513 X111**

READY TO REGISTER?



Support the Celiac Disease Foundation and become a Team Gluten-Free member today!



“ My experience with Team Gluten-Free was nothing short of phenomenal. Several members of the team reached out and sent wonderful informational placards, banners, and take-home sheets for goodie bags. I am so happy to say that the event was a total success, bringing together patients and their loved ones for a wonderful cause. – Taylor, Connecticut



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Ready To Do Something Extraordinary?

LET'S CREATE  
**A WORLD FREE  
OF CELIAC DISEASE**

**JOIN THE TEAM!**