

Lecture to focus on gluten free baking

Gluten free baking will be the topic of the Friends of the Library presentation by Kathe Hughes on Oct. 16.

Hughes is with the Celiac Sprue Association. She will talk about Celiac disease, provide helpful hints for Gluten-Free dining, and discuss various ways to live healthy.

The free event starts at 6pm at the South Lake Tahoe Library, 1000 Rufus Allen Blvd.

For more info, call (530) 573.3186.