

February 23, 2013

Media Release

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Rebecca Katz, Nationally Acclaimed Author, Speaker, Teacher and Chef Appears on the Central Coast

Cooking Demonstration and Book Signing
Saturday, April 13, 2013 10am -3pm
Morro Bay Community Center, 1001 Kennedy Way, Morro Bay, Ca.

Templeton, CA. – **The Wellness Kitchen and Resource Center** welcomes Rebecca Katz to the Central Coast as she introduces her latest book *The Longevity Kitchen*. Her presentation includes a cooking demonstration with the assistance of Nancy Walker, Therapeutic Chef and Executive Director of The Wellness Kitchen and Resource Center in Templeton, Ca. The program also features a presentation by Stephanie Austin, Holistic Health Practitioner and owner of Wellness by Mother Nature, titled *Making Sense of Nutrition* followed by Q & A.

As a consultant, speaker, teacher and chef, Rebecca Katz works closely with patients, physicians, nurses and wellness professionals to include the powerful tools of flavor and nutrition in their medical arsenal, and with hotel kitchens to prepare delicious food to the guests. A nationally acclaimed culinary translator and expert on the role of food in supporting optimal health, Rebecca has a Masters of Science degree in Health and Nutrition Education and received her culinary training from the Natural Gourmet Institute for Health and Culinary Arts in New York. She is the founder and director of the Healing Kitchens Institute at Commonweal, a health and environmental research institute in Bolinas, Ca. that is dedicated to transforming lives through nutritional science and culinary alchemy. Visit www.rebeccakatz.com for her profile.

Rebecca is the author of *The Longevity Kitchen: Satisfying Big Flavor Recipes* featuring the Top – 16 Age Busting Power Foods and the award-winning cookbook *The Cancer-Fighting Kitchen: Nourishing Big-Flavor Recipes for Cancer Treatment and Beyond* and *One Bite at a Time: Nourishing Recipes for Cancer Survivors and their Friends*. Her credentials include speaking at top US medical centers including University of California, Stanford University's Cancer Institute and Johns Hopkins Medicine.

Raffle for kitchen utensils and tools, food related DVD's and both of Rebecca's books. Lunch will be selections from Rebecca's cookbooks prepared by The Wellness Kitchen. Books can be pre-ordered through TWK and received in time for book signing. Tickets are \$60 in advance, \$75 at the door. Seating is limited. For tickets, visit www.TheWKRC.org, call 805-434-1800 or visit The WKRC at 1255 Las Tablas Road in Templeton. **Proceeds benefit The Wellness Kitchen and Resource Center** to further food programs and education throughout SLO County.

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