

# PRESS RELEASE

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## Carol Kicinski is featured speaker at Gluten & Allergen Free Wellness Event in Baton Rouge, November 2nd

Gluten free personality Carol Kicinski will be appearing as the featured speaker at the Gluten & Allergen Free Wellness Event at The Cook Hotel & Conference Center at Louisiana State University in Baton Rouge on Saturday, November 2. The event runs from 10 a.m. to 3 p.m.

“Embracing the Gluten Free Lifestyle,” a topic Kicinski has built a career on, is the subject of her presentation. The talk is set to take place from 11:45 a.m. to 12:30 p.m.

Admission to the event is \$10 for adults and children 13 years old or younger get in free. LSU students can show their student ID for 50% off admission.

Diagnosed gluten sensitive 20 years ago, Kicinski wanted a platform to share her recipes and lifestyle tips, and so she created a website in 2007. The site has now risen to be one of the top gluten and allergen free sites in the world.



America’s first gluten-free-only syndicated TV chef, Kicinski is now in her fourth season. In 2009, Kicinski was asked to be a monthly guest chef on NBC-based WFLA-Tampa Bay’s nationally syndicated TV show *Daytime*.

Founder and editor-in-chief of *Simply Gluten Free* magazine, she built on her success and passion to share tips and recipes for gluten-free living. Launched in November 2012, *Simply Gluten Free* magazine has grown wildly popular in food stores and national chains across America.

Published in more than 650 newspapers and magazines across the country and the author of two successful cookbooks, Kicinski is one of the top gluten-free personalities in the country today.

Kicinski will be autographing her current cookbooks and will be available for personal questions at the *Simply Gluten Free* magazine booth during the event.

The Gluten & Allergen Free Wellness Event puts on shows in major cities across the U.S., including Austin, Nashville, St. Louis, Raleigh/Durham, and Virginia Beach. For more information about the Gluten & Allergen Free Wellness Event, visit [www.echoglutenfreeinfo.blogspot.com](http://www.echoglutenfreeinfo.blogspot.com).

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### About Carol Kicinski:

Carol is a magazine editor-in-chief, monthly syndicated TV chef, cookbook author and popular website blogger. Diagnosed with gluten sensitivity more than 20 years ago, Kicinski has since become a well-known gluten-free personality. She is the founder and editor-in-chief of *Simply Gluten Free* magazine, one of the top gluten-free magazines in America. Carol is in her fourth season as a monthly syndicated gluten-free chef on NBC-based WFLA-Tampa Bay’s *Daytime* TV show. She is the author of two successful cookbooks and has been published in more than 650 newspapers and magazines across the country. Simply Gluten Free can be viewed at [www.SimplyGluten-Free.com](http://www.SimplyGluten-Free.com)

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