

# PRESS RELEASE

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## Carol Kicinski is a featured speaker at the Gluten & Allergen Free Wellness Event in Charlotte, NC

Gluten free advocate, Carol Kicinski, will be appearing this Saturday, March 18, as a featured speaker at the Gluten & Allergen Free Wellness Event at the Oasis Shriners Auditorium in Charlotte, North Carolina. The event runs from 10 am to 4 pm.

Her presentation topic is “Embracing the Gluten-Free Lifestyle.” Kicinski, having been gluten-free for more than 20 years, will share her knowledge of and tips for living a simple and stress-free gluten-free lifestyle. Fun, entertaining and highly interactive, Kicinski is a must-see presenter at the event.



Kicinski will also be autographing her current cookbooks and will be available for questions at the *Simply Gluten Free* magazine booth during the event. Those in the Charlotte area who are new to going gluten-free or those who want to hear the experiences of others living a gluten-free lifestyle will have plenty to see, do, and learn at the event. And of course, can meet many gluten-free advocates – including Carol Kicinski!

Kicinski immersed herself in the gluten-free community back in 2007, when she started a blog, *Simply Gluten Free*, that shares her gluten-free recipes – many of which are also free of the top 8 allergens and are vegetarian or vegan. The site has since become one of the top gluten- and allergen-free sites in the world.

In 2009, Kicinski was asked to be a monthly guest chef on the NBC-based nationally syndicated TV show *Daytime*. She became America’s first gluten-free-only syndicated TV chef and is now in her seventh season.

Kicinski is the founder and editor-in-chief of *Simply Gluten Free* magazine, which launched in November 2012. *Simply Gluten Free* magazine was awarded “Hottest Launches of the Year” for 2013 by Media Industry News (MIN).



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

Tickets to the event are \$10 for adults. Admission is free for children 13 and younger.

The Gluten & Allergen Free Wellness Event has expos in major cities across the U.S. This year’s events will be held in Columbia, South Carolina; Raleigh, North Carolina; Hartford, Connecticut; and Greensboro, North Carolina. To learn more, visit [www.gfawellnessevent.com](http://www.gfawellnessevent.com).

### 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 seventh season as a monthly syndicated gluten-free chef on NBC-based WFLA-Tampa Bay’s *Daytime* TV show. She is the author of four 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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