

PRESS RELEASE

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Carol Kicinski to appear at Gluten & Allergen Free Wellness Event in Raleigh, August 17th

Gluten free personality Carol Kicinski will be appearing as a featured speaker at the Gluten & Allergen Free Wellness Event at the Durham Convention Center in Marriott Center City on Saturday, August 17. The event runs from 10 a.m. to 4 p.m.

Kicinski's presentation will be about "Setting up your gluten-free kitchen," a topic Kicinski has become an expert on. Having a well-stocked pantry and learning to avoid cross-contamination are just a few of the tips Kicinski will expand upon at the event. The talk is set to take place from 2:45 – 3:30 p.m.

Kicinski is one of the top gluten-free personalities in the country today. She started a blog in 2007 that has now risen to one of the top gluten and allergen free blogs in the world, with more than 775,000 hits monthly and more than 160,000 unique visitors per month. Kicinski then published two successful cookbooks and wrote articles and recipes for hundreds of newspapers and magazines across the country.



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

In November 2012, Kicinski launched *Simply Gluten Free Magazine*, a gluten and allergen free lifestyle magazine that has become wildly popular in health food stores and national chains such as Whole Foods and Barnes & Noble.

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

Admission is \$10 for adults and kids 13 years old or younger get in free. For more information about the Gluten & Allergen Free Wellness Event, visit www.raleighglutenfreeexpo.blogspot.com.

About Carol Kicinski:

Carol was diagnosed with gluten intolerance more than 20 years ago. In addition to her popular blog, she is also in her fourth season as a monthly syndicated gluten free chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. In November 2012 she launched *Simply Gluten Free* magazine, which has now become the most popular gluten and allergen free magazine in America.

Simply Gluten Free Magazine can be viewed at www.SimplyGlutenFreeMag.com
Simply Gluten Free blog can be viewed at www.SimplyGluten-Free.com

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