

PRESS RELEASE

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Carol Kicinski, Editor-in-Chief of *Simply Gluten Free* magazine, to attend Dunedin Public Library's health and wellness event

Dunedin, Fla. – Carol Kicinski, Founder and Editor-in-Chief of *Simply Gluten Free* magazine and popular gluten-free advocate, is no stranger to Dunedin, Florida. In fact, she both lives and runs her business from this quaint Florida town. On April 18, locals will get a chance to hear from the Dunedin resident as she presents “How to Go & Stay Gluten-Free: Tips, Tricks & Tools” at the Dunedin Public Library at 223 Douglas Avenue.



The library will be hosting its “Wellness DUN Our Way” event, with Kicinski kicking off the Popular Topics stage at 10 a.m. The event will run from 10 a.m. to 4 p.m. and is sponsored by the library and The City of Dunedin Public Safety Committee.

Kicinski was asked to be part of the event as a leading gluten-free expert. Diagnosed with gluten sensitivity more than 20 years ago, Kicinski is a veteran of this growing topic.

One in 133 people in the United States suffer from celiac disease, and that number rises as awareness spreads. Not just that, but an estimated 10 percent of the population has non-celiac gluten sensitivity.



Luckily, for those with celiac disease or gluten sensitivity, there are a growing number of support groups, events, and resources – like the Dunedin Public Library – to help people access the information they need to live a happy and healthy gluten-free life.

Kicinski immersed herself in the gluten-free community back in 2007, when she started a blog, *Simply Gluten Free*, that shares gluten-free recipes and advice. The site has since risen to be one of the top gluten and allergen free sites in the world.

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

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 become one of the top-selling allergen-free magazines in the United States and Canada.

Published in more than 650 newspapers and magazines across the country and the author of three successful cookbooks, Kicinski is one of the top gluten-free advocates in the country today – making her a must-see guest at the library's event.

“I'm excited to meet and interact with locals who might not even know that the magazine is based in the same town as them,” Kicinski said. “It's a great feeling to know that I could be helping a neighbor just by telling my experiences and sharing advice.”

For more information about the Dunedin Public Library and its events, visit www.dunedingov.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 fifth season as a monthly syndicated gluten-free chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. She is the author of three 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

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