

FOR IMMEDIATE RELEASE

UNDERSTANDING FOOD MOOD CONNECTIONS

Tuesday, October 21st, 2014

6:00 p.m. – 8:00 p.m.

NYU Casa Italiana

24 West 12th St New York, NY 10011



NYU Casa Italiana and LDNY invite members and guests to understand food mood connections and how Italian Mediterranean food lifestyles can contribute to better health. Presented by Kerstin Hecker, HHC, AADP and Board Certified Holistic Health + Nutrition Coach, Dame Michele Scicolone, Award Winning Food Writer & Author, and Charles Scicolone, Wine Consultant, Teacher & Writer. Chairs: Dame Bay Wellington & Dame Renee Marton. Italian wine reception to follow. Cheese and artisanal giardiniera vegetable platter courtesy of **Jarlsberg** and **Rick's Picks**. Event attendance: \$35 members and guests/\$53 with signed copy of The Italian Vegetable Cookbook.

Tickets purchased [HERE](#).

A portion of proceeds from all our events benefit LDNY's scholarship fund.

For further information, contact:

LDNY Communications Chair Ronnie Campbell, theburrellgroup ltd@msn.com

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Speakers Bios:



Kerstin is a Health Activist and founder of IndigoMuse Health Coaching. Master of Business Studies, 15+ years in corporate media, she is no stranger to the demands of a fast paced environment. Combining her experience in Business, Nutrition, and Psychology, Kerstin's leading edge coaching methodologies have helped many produce life- altering changes and lasting results. A Board Certified Health Coach, Kerstin is a regular contributor to Books for Better Living. She works one-

on- one with executives and companies to create tomorrow's vibrant leaders.

Michele is an award winning food writer and author of 20 cookbooks. Her latest, *The Italian Vegetable Cookbook: 200 Favorite Recipes for Antipasti, Soups, Pasta, Main Dishes and Desserts*, was published in March 2014. Her previous book, *The Italian Slow Cooker*, was the #1 Bestselling Italian Cookbook for 3 months. She is also the author of the #1 New York Times Bestseller, *The Sopranos Family Cookbook*.



Charles is a wine consultant, writer, culinary tour guide, and educator. A six-time James Beard award nominee, he develops wine lists and trains staff for restaurants, is the co- Wine and Food Editor for the i-Italy.org website, and is co- chair of the Wine Media Guild. Charles writes his own popular blog at charlesscicolone. His articles have appeared in many magazines and he co-authored the book *Pizza Any Way You Slice It!*