

GREAT FUTURES START HERE.



## NEWS RELEASE

**FOR IMMEDIATE RELEASE**

June 17, 2013

### ***Oprah Winfrey's Former Personal Chef, Rosie Daley, is Hosting Cooking Classes at the Boys & Girls Clubs of San Dieguito's Center for a Healthy Lifestyle!***

Solana Beach, Calif. – Known as Oprah Winfrey's former personal chef and cook, Rosie Daley is now hosting two new and exciting healthy cooking and craft classes for youth at the Center for a Healthy Lifestyle in Solana Beach.

Rosie's classes, "**Cooking, Crafts & Healthy Lifestyle Series**" will be held on Fridays (June 21<sup>st</sup> and 28<sup>th</sup>) from 4pm to 6pm. Children will learn practical and fun skills in the kitchen through arts and crafts and the use of locally grown seasonal fruits and vegetables. The goal of the "Cooking, Crafts and Healthy Lifestyle" series is to inspire creativity in the kitchen along with the development of good eating habits and menu planning with a concentration on family fun. All family members are welcome! Come see what the buzz is all about! Classes are \$20 per child, per class and include all materials. For more information and to register for the classes, please call the Center at (858) 436-7502 or visit [www.CenterforaHealthyLifestyle.com](http://www.CenterforaHealthyLifestyle.com).

"Chef Rosie's classes combine arts & crafts with the art of cooking," said Amy Pamensky, Director of the Center for a Healthy Lifestyle at the Boys & Girls Clubs of San Dieguito. "She brings entertaining classes that are enjoyable for all ages and we're so excited to have her be a part of the Center!"

Rosie's gem of a cookbook "In the Kitchen with Rosie, Oprah's Favorite Recipes" has sold more than 4.7 million copies to date and helped Oprah lose weight and feel great. Rosie is known best for her recipes that are light and low in fat and, at the same time, enormously satisfying and tasty. Homemade pizzas, "Un-Fried Favorites" (catfish, French fries, chicken), paella, and sweet potato pie which are marvelous, healthy recipes, as Oprah testifies in her introduction and in her foreword to each chapter. Daley also offers helpful hints about seasonings, substitutions, and pretty presentations, which all help to make her food so temptingly delicious.

In addition to Rosie's classes this summer, the Center for a Healthy Lifestyle is hosting numerous cooking and healthy living classes. Classes include themes like: "Local, Organic, G.M.Oh my!"; "The Raw BBQ"; and "Cooking for Optimal Health with Nourished Balance"; All classes and class descriptions are listed on the Center for a Healthy Lifestyle website.

### **About the Center for a Healthy Lifestyle**

The Boys & Girls Clubs of San Dieguito's Center for a Healthy Lifestyle encourages children and adults to make good decisions for their own health and the well being of the planet. The Center is dedicated to inspiring children & adults to live healthier lives through cooking, gardening and fitness. The sunny yellow cottage offers a professional kitchen, space for classes or entertaining, and is surrounded by an interactive organic garden with beautiful patios and places to ponder. The Center is laying the groundwork to be a leader in the healthy lifestyle movement in San Diego. For more information on the Center for a Healthy Lifestyle, please visit [www.centerforahealthylifestyle.com](http://www.centerforahealthylifestyle.com)

### **About Boys & Girls Clubs of San Dieguito**

BGCSDTO is dedicated to providing positive activities to promote education, self esteem, health and character in young people. BGCSDTO offers quality programs through after school, summer camp, aquatics, athletics and middle school sports in addition to sponsoring one Montessori school, the Youth Arts Academy and the Center for a Healthy Lifestyle. Great Futures Start Here! For more information on the Boys & Girls Clubs of San Dieguito please visit [www.PositivePlaceSD.org](http://www.PositivePlaceSD.org)

### **Contact:**

Amy Pamensky

[apamensky@positiveplacesd.org](mailto:apamensky@positiveplacesd.org)

(858)436-7502

