

# STEARNS WEAVER MILLER WEISSLER ALHADEFF & SITTERSON, P.A.

## **FOR IMMEDIATE RELEASE**

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### **FLORIDA HEART JOIN FORCES WITH THE MIAMI SCIENCE MUSEUM TO PRESENT A FOODALICIOUS FAMILY FESTIVAL**

**Miami, Florida, March, 2011**—The Heart of a Chef (HOAC): A Foodalicious Festival is a unique culinary experience being held April 10, 2011. Chairing the event for the second year in a row is Jimmy Morales and daughter Nora. Once again, we will be hosting the event in collaboration with the Miami Science Museum from 4:30-7:30pm and the emphasis will be on the prevention of childhood obesity along with educating people of all ages to live a heart healthy lifestyle. Through this festival, the Florida Heart Research Institute will show our community how to incorporate healthy options through fun initiatives within the day's activities.

Some activities will include free food tastings, wine with the wildlife, healthy substitution seminars, chef cook-off's between Whole Foods VS. Le Cordon Bleu, Miami Dade Senior High Competition and 1500° Executive Chef & Hell's Kitchen runner up Paula DaSilva VS. 1500° Sous Chef and fellow Hell's Kitchen contestant Ben Walanka. Joining the teams will be 1500° kitchen staff Adrienne Grenier and Gerard Ladso Sr. Also featuring Slow Food Movement, presenting "What's In Your Lunch Box" and Cindy Hill, founder of Once Upon a Carrot, a community based organization dedicated to fighting childhood obesity.

Jimmy Morales and daughter Nora will be Co-Chairs of the Heart of a Chef for the second year in a row.

Blue Cross Blue Shield of Florida will be this year's presenting sponsor. In addition, Whole Foods is the title sponsor and continues to support this initiative annually. Other sponsors include GOYA, HealthCorps, Brustman Carrino PR, Panache, Le Cordon Bleu, Nespresso, SmartWater, I Heart Olive Oil, CBS4, and The Gallery Interiors to name a few.

Heart disease is the number one cause of death and disability in the U.S. There are more than 50,000 deaths a year attributable to cardiovascular disease, and hospitalization costs to care for this disease will top \$18.6 million in 2011. FHRI was founded more than 65 years ago as Miami Heart Research Institute, an international leader with a mission to Stop Heart Disease through cardiovascular research, education, and prevention programs. For more information regarding these and other exciting projects at Florida Heart Research Institute, please contact Staci Ehrenkrantz at (305)586-7025, or visit us at [www.floridaheartresearch.org](http://www.floridaheartresearch.org).

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