



MEDIA ADVISORY

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First Ladies Cooking Healthy

Heart2Heart promotes nutrition principles during Michigan tour

Sponsored by Meijer (Detroit)

DETROIT -- Debra Peek-Haynes, author and holistic health champion, returns to Detroit's faith-based community May 6, 2017 with a message of wellness and quality living through nutrition.

A leading advocate in her field, Peek-Haynes, author of *The Healing Kitchen: The Beginner's Guide to Healthy Living*, has appeared in various national media, sharing her personal story to encourage audiences throughout the country.

The American Diabetes Association recently named Peek-Haynes a national health ambassador.

“It’s true, our bodies really do communicate with us,” she says. “Sometimes the most subtle changes and clues about everyday health are the most important, but we don’t pay attention.”

The African American community's well-documented, high percentage of cardiovascular disease and diabetes can be controlled and reduced through regular exercise and proper diet, Peek-Haynes adds. As a speaker and author, she has developed an ability to simplify wellness concepts for audiences, frequently using faith-based connections to the communities she visits.

In an effort to take her message of wellness to churches, as part of her Heart2Heart Detroit touring series, Peek-Haynes has announced the “First Ladies Healthy Cooking Contest,” which will invite wives of pastors to compete in demonstrations that use healthy recipes.

Participating churches include: Triumph Church, (Detroit) Detroit Unity Temple, Faith Clinic COGIC, Fellowship Chapel, Greater St. Peters AME Zion, International Gospel Center, Liberty Temple Baptist, Mount Calvary Baptist, Shiloh Deliverance International Church, and (Flint) First Trinity Missionary Baptist Church.

(MORE)

WHO: American Diabetes Association Ambassador Debra Peek-Haynes, author of *The Healing Kitchen: The Beginner's Guide to Healthy Living* (ranked an amazon.com top-seller)

WHAT: Presentation, "Health Professionals Q & A," and "Healthy Cooking Contest," featuring wives of pastors from Detroit and Flint

WHEN: Saturday, May 6, 2017, 10 a.m. to 1 p.m. (lecture, recipe sampling and competition)

WHERE: Triumph Church (East Campus), 2760 East Grand Boulevard, in Detroit

For additional information visit: www.debrapeekhaynes.com. VIP tickets are available for purchase at www.heart2heartdhk.eventbrite.com.

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