



Hilton Head Health

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FOR IMMEDIATE RELEASE

HILTON HEAD HEALTH CHEF GIVES FREE COOKING DEMONSTRATION AT BLUFFTON FARMER'S MARKET

Enjoy nutritious food highlighting fresh produce during a free cooking demonstration by a Hilton Head Health Chef at the Farmer's Market of Bluffton.

HILTON HEAD ISLAND, SC (August 19, 2011) – Hilton Head Health (H3), America's premier weight loss and health resort located in Shipyard Plantation of Hilton Head, SC, will be entertaining the Farmer's Market of Bluffton crowd with free cooking demonstrations throughout the day on Thurs., Aug. 25th. Demonstrations will be held in the center square at 2:30 p.m., 4 p.m. and 5:30 p.m.

This special Farmer's Market will feature a center tent where a H3 Chef will share culinary techniques and unique ways to utilize produce that can be purchased fresh right from the growers in the market. Visitors will not only have the opportunity to ask the experienced H3 Chef for culinary advice and watch a full cooking demonstration, but they will also receive a copy of the recipe to re-create at home.

Jessica Lynn, H3's director of program development, said, "We are very excited to showcase our chefs and to have them get involved with the community. As advocates of healthy living, working with the Farmer's Market was a natural fit for us. In fact, we encourage our Guests to shop from their local farmer's markets and we even have a small garden of our own at H3."

This event is just one of many H3 plans to participate in as it eagerly awaits the opening of its new culinary school, the Culinary Arts Center at Hilton Head Health, with classes starting Sept. 15, 2011.

The Farmer's Market of Bluffton is held every Thurs. from 2pm to 7pm March 17th – December 22nd.
Carson Cottages, Calhoun Street, Historic Bluffton

About Hilton Head Health

For 35 years, Hilton Head Health has been recognized as the premier weight loss and health retreat in the United States. Most recently, Hilton Head Health was featured on A&E's weight loss docudrama HEAVY, which aired in spring 2011. Voted as "Best for Weight Loss" for the past four consecutive years by SpaFinder and "Top 5 US Health Spas" by Lisa Drayer on the *Today Show*, Hilton Head Health is an exclusive resort delivering individualized experiences in the areas of Fitness, Nutrition and SELF (Stress management, Empowerment, Longevity, Fulfillment). For more information, please visit www.hhhealth.com or call 800-292-2440.

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