



**Grand Traverse County
Senior Center Network**

801 E. Front St.
Traverse City, MI 49686
231-922-4911
www.gtcoa.org

FOR IMMEDIATE RELEASE

Date: October 24, 2014

Contact Person/Title: Lori Wells, Deputy Director

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Subject: The Food Network's "Pick of the Day" Chef, picks Traverse City!

Celebrated TV personality, Chef Curtis Aikens, best known as host of The Food Network's, "Pick of the Day," will be at the Traverse City Senior Center, Monday, November 3rd, from 6:00 – 8:00 p.m.! For this special event, Chef Aikens, also a Novo Nordisk Diabetes Educator, and fresh produce advocate, will demonstrate preparation of a low-carb, full-flavor dish, light bites, as well as, healthy snacks, beverages, and favorite healthy recipes. Diabetes Educators will teach, "Diabetes 101 and Staying Healthy." This special program is free! All are welcome! Registration is encouraged. Contact the Senior Center at 922-4911 to reserve your seat!

Lori Wells, Deputy Director

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The Senior Center Network is part of the Commission on Aging, "Caring For Those Who Cared For You." The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.