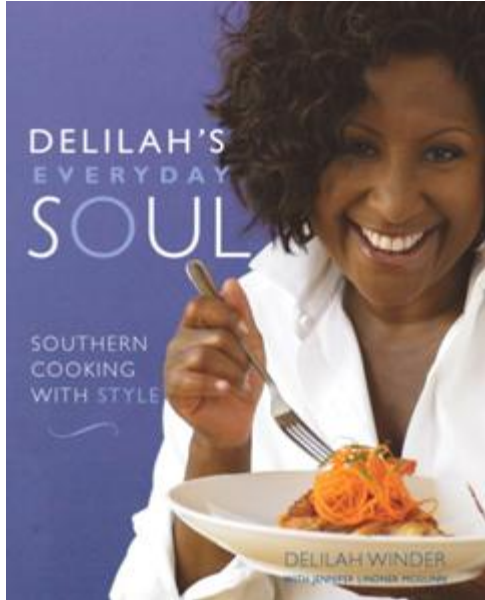




3RD ANNUAL CONTRA COSTA CELEBRITY COOKING CLASS WITH CHEF DELILAH WINDER



The American Heart Association – Greater Bay Area is teaming up once again with John Muir Health and Los Medanos Community Healthcare District to present the 3rd Annual Contra Costa Celebrity Cooking Class with Chef Delilah Winder. Chef Delilah will join our team of celebrity chefs who are partnering with the AHA, John Muir Health and LMCHD to fight heart disease and stroke.

Hailing from the east coast, Chef Delilah will make her Bay Area appearance on Saturday, October 8 from 11 am- 2pm at the Pittsburg Senior Center located at 300 Presidio Lane in Pittsburg. She is a cookbook author and recent spokesperson for Lactaid.

All attendees will once again enjoy:

- A goodie bag
- Food samples from Chef Delilah Winder
- A chance to win one of many prizes

In addition, we are excited to announce our, **“Healthy Macaroni & Cheese Cook-off.”** 3 contestants will receive the opportunity to show off their cooking skills for a chance to win a 10-pc cookware set, gift cards and more right before Chef Delilah takes the stage. To enter, individuals should contact Vicki Williams at 510.904.4015 or vicki.williams@heart.org for entry instructions. Deadline to enter is Friday, September 2.

It is sure to be another fun and will be hosted again by our very own Miranda Wilson. To reserve your spot, please complete the form below with a \$5 donation per person in the form of a check or money order and send to:

Vicki Williams, American Heart Association
426 17th Street, 3rd Floor, Oakland, CA 94612

Please make checks and money orders payable to the American Heart Association. All donations are tax-deductible with proceeds going to the Power To End Stroke campaign to increase awareness among African-Americans about stroke. Upon receiving your registration, you will receive a confirmation letter and ticket(s) in the mail.

Space is limited and it will be a heart healthy event that you don't want to miss. Doors will open at 10:00 am with open seating unless tables of 10 are purchased.

Name: _____

Address: _____ City, State, Zip _____

Email address: _____ Phone #: _____

How many Tickets _____ Amount enclosed: \$ _____