

PRESS RELEASE:

June 18, 2010

On-Call Media Cell: (828) 674-2358

Chef John Pirrello providing a free cooking demonstration

(Hendersonville, N.C.) John Pirrello, chef at [Frankie Bones Restaurant and Lounge](#) in Asheville, will provide a free cooking demonstration at the Pardee Health Education Center on Wednesday, June 30 from 12:30 until 2:30 p.m. Registration is required by calling 1-866-790- WELL (9355).

Pirrello will be demonstrating ways of cooking foods generally known as unhealthy in a healthy fashion. The Frankie Bone's chef will be using his own recipes to show healthy ways of cooking the comfort foods we all enjoy. Participants will receive copies of Pirrello's recipes so they can prepare these foods at home. All attendees of the cooking event will be given coupons to the popular Asheville restaurant, Frankie Bone's. Registration is required and space is limited for this free cooking demo.

The [Pardee Health Education Center](#) is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars and support groups. Last year, the center provided more than 10,000 free and low-cost screenings to community members.





Margaret R. Pardee Memorial Hospital
800 North Justice Street, Hendersonville, NC 28791

www.pardeehospital.org

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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