

*** PRESS RELEASE ***

Secrets of How to be Your Best You

Author, TV host and inspirational speaker Dawn Hall, of the award winning *Busy People's Cookbooks* will be sharing the secrets of "What It Takes To Be the Best You Can Be" on (date) _____ at (location) _____ at (time) _____.

As a recovering food addict, Dawn Hall has over 10 years experience as an aerobic instructor and facilitator for recovering compulsive over-eaters. She was selected "Top 20 Under the Age of 40" Leaders in Northwest Ohio and Top 3 Christian Business Leaders in Ohio. She has been on *The Food Channel*, *700 Club*, *Woman to Woman*, *Good Morning Saturday A.M.*, *Life Today with James Robison*, and national news programs for affiliates of ABC, NBC, CBS, and CBN. She hosts the *Cooking for Busy People* television show.

Over 1 million of her award-winning cookbooks have sold. Autographed copies of *Busy People's Low Fat Cookbook*, *Busy People's Slow Cooker Cookbook*, *Busy People's Diabetic Cookbook*, *Busy People's Low-Carb Cookbook*, *Busy People's Down-Home Cooking Without the Down-Home Fat* and her devotional book *Comfort Food for Your Soul* will be available for sale.

Dawn Hall is full of energy, insight and clever ideas. You won't want to miss out on this fun filled, entertaining and educational evening. Admission is free and doors open at (time) _____ PM. FOR MORE INFORMATION CALL: _____