



National Nutrition Expert and Rye Brook Resident Joy Bauer Hosts CPW's A Taste of Westchester 2019 *The Wine & Food Event of the Season—Supporting Individuals with Disabilities*

October 15, 2019, Rye Brook, NY – On November 11, 2019 at 6 pm, Cerebral Palsy of Westchester (CPW) will host the 14th annual **A Taste of Westchester - A Wine and Food Tasting Event**, featuring cuisine from over 25 of the area's finest restaurants and top chefs, as well as a worldly selection of wine and spirits from lead beverage sponsor Aries Wine & Spirits. The event will take place at the Renaissance Westchester Hotel in West Harrison, NY. All proceeds will benefit CPW's programs, fostering independence for individuals with disabilities and enabling them to participate to their fullest extent in their community. Tickets are \$125 per person, \$95 if purchased by October 21, available at <http://taste.cpwestchester.org>.



Joy Bauer - photo by Lucy Schaeffer

Host for the evening this year will be Joy Bauer, MS, RDN, a local Rye Brook celebrity and one of the nation's leading health authorities. She is the nutrition and healthy lifestyle expert for NBC's *TODAY* show and the host of NBC's *Health + Happiness*. Joy is also a monthly columnist for *Woman's Day* magazine, the official nutritionist for the New York City Ballet and the creator of JoyBauer.com. Joy is a New York Times bestselling author with 13 bestselling books to her credit, including *Joy's Simple Food Remedies*. Her new children's book, *Yummy Yoga: Playful Poses and Tasty Treats*, encourages young kids to try healthy new foods and energizing exercise in a playful and engaging format.

"We are thrilled to partner with Joy Bauer from the TODAY Show this year for our Taste of Westchester event," says executive director, Linda Kuck, "All of the funds raised at this this event help us to provide much needed programs and services to children and adults with disabilities. So, join us to sip, taste and mingle with the finest restaurants and spirits in Westchester."

The evening's tastings will feature Albanese's Chocolate Fantasies, Angelina's Ristorante, Aries Wine and Spirits, Blue Moon Mexican Café, The Briarcliff Manor, Captain Lawrence Brewing Company, Chocolations, Chutney Masala Indian Bistro, Coffee Labs Roasters, DeCicco & Sons, Edible Arrangements of Eastchester, Falafel Taco, The Gourmet Taste Catering, The Grill at Somers Pointe, Hive Living Room + Bar, Longford's Own-Made Ice Cream, NoCo Catering, The Olde Stone Mill, Quenas Restaurant, Risotto Restaurant & Bar, Ruth's Chris Steakhouse, Southern Table, SWBOCES Culinary Arts, Zuppa Restaurant and more!

Cerebral Palsy of Westchester's mission is to advance the independence, productivity, and full citizenship of people with cerebral palsy and other disabilities. Now in its 70th year of community service, CPW and its 450-person staff provide essential services and programs for children and adults in Westchester and Fairfield Counties with developmental disabilities that range from autism and neurological impairments to intellectual disabilities, epilepsy and cerebral palsy. The organization's motto is *Realizing Tomorrow's Potential... Today!*

For more information, contact Tia Levinson, Development and PR Coordinator, at (914) 937-3800 x353 / tia.levinson@cpwestchester.org / Cerebral Palsy of Westchester, 1186 King Street, Rye Brook, NY 10573