
National Nutrition Expert and Rye Brook Resident Joy Bauer to Host CPW's A Taste of Westchester 2019

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, beer and spirits from select beverage establishments. The event will take place at the Renaissance Westchester Hotel in West Harrison. 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.

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, hit stands on October 8, and encourages young kids to try healthy new foods and energizing exercise in a playful and engaging format.

In the earlier part of her career, Joy was the Director of Nutrition and Fitness for the Department of Pediatric Cardiology at Mount Sinai Medical Center in New York City, as well as the clinical dietitian for their neurosurgical team. She created and implemented Heart Smart Kids, a health program for underprivileged children living in Harlem. Prior to making the jump to media, she taught Anatomy & Physiology and Sports Nutrition at NYU's School of Continuing Education. Joy has received the National Media Excellence Award from the Academy of Nutrition and Dietetics and the American Society of Nutrition Science.

"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." Tickets are \$125 per person, and can be purchased at <http://taste.cpwestchester.org>.