



**MEDIA ADVISORY**

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**What:** The low-carb Extravaganza is Livable Low-Carb's biggest event of the year.

The Extravaganza will host free fitness and cooking demonstrations, as well as seminars from leading health professionals and general information talks. Live music will be performed and various carnival games will be set up. Many options of low-carb food will be available to buy. There will be space set up for attendees to visit with health professionals and other attendees.

**Who:** Headlining the Extravaganza will be Heather Wilson, a dietician and advocate for the low-carb diet. Wilson graduated from Oklahoma State University in 1993 and worked as a dietician in hospitals and health care facilities around Oklahoma.

In early 2005, Wilson discovered the low-carb diet and began to study it. She found the promising results it has for health conditions such as obesity, diabetes and high blood pressure and began prescribing it to her patients.

Wilson now owns a health care facility that specializes in low-carb diets.

Seminars will be available to video and photograph at noon, 1:30, 3:30 and 5:30. Live music will be played from 1 p.m. to 7 p.m. The health care professionals will be on hand for interviews all day, excluding the times of their presentations. The CEO will be available for interviews from 1 - 3 p.m.

**When:** Oct. 19, 2013, 11 a.m. - 7 p.m.

**Where:** Oklahoma State Fairgrounds – Oklahoma City, Okla.

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