



NEWS RELEASE

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FOR IMMEDIATE RELEASE

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LIVABLE LOW-CARB HOLDS FIRST EXTRAVAGANZA

The biggest event for low-carb supporters in Oklahoma.

STILLWATER, Okla. — Though it has gained some popularity, many are unaware the low-carb lifestyle can change a life drastically for the better.

Livable Low-Carb's first annual Extravaganza will be held on Oct. 19, 2013, from 11 a.m. to 7 p.m. at the State Fairgrounds in Oklahoma City, Okla.

Kaylie Lathe, CEO of Livable Low-Carb, is looking forward to the extravaganza.

"This event is great because it lets the public experience the low-carb lifestyle on different footing," Lathe said. "The public gets the chance to learn more about the lifestyle, while experiencing the food and exercise that is a part of it, all while meeting other people who are living the same lifestyle."

Livable Low-Carb's mission is to make living an active, low-carb lifestyle easier by providing information and assistance.

Extravaganza festivities will include food, free cooking and fitness demonstrations, seminars from health professionals and live music. Attendees will also have the opportunity to meet with others living the lifestyle.

For more information on Livable Low-Carb's annual Extravaganza, please contact Sarah Connor at Sarah.Connor@livablelowcarb.com or (405) 777-8496.

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