

For Immediate Release

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## **The Wine Glass is Full**

Who can deny the delicious food, genuine hospitality, and wine Italy is so well known for?

Food is one of the great pleasures of Italian life, and the sit-down family meal is still central to many Italians. The pleasure of family, friends, and genuine Italian cooking does something to the soul.

A two hour cooking class with Chef Carl Sofo will teach you the ins and out of Italian Cuisine. A few of the dishes to be prepared include: Caprese Salad, Eggplant Parmesan, and Chicken Cacciatore. Don't forget dessert: Zabaglione will also be prepared, a Marsala wine custard.

Originally from Calabria, Italy, Carl Sofo comes from a long line of Italian family chefs. Pursuing his hunger for Italian cuisine, he was a local graduate of University of Toledo and University of Michigan. He shared his passion for food and opened his first restaurant with his sister, called "Case di Maria" in 1975. He is currently the executive chef at Trattoria's, which he opened three years ago.

So come join us. Relax. Come celebrate Italian food and life. And let's not forget the wine.

You won't go home hungry. For \$35.00, you'll receive recipes, wine, and generous food portions. Come share Carl Sofo's passion for Italian Cuisine on Wednesday, August 18, hosted by heartandsoul Fitness for Life, LLC. Bring three friends and come free. Call 419.779.0607 to make reservations. Class starts at 11:30am. Located at 4444 Heatherdowns, across from the Stranahan Theatre.

Can't make it? Mary Lee Treter with heartandsoul Fitness For Life LLC will be hosting several cooking classes next month. Make sure to visit [www.toledoheartandsoul.com](http://www.toledoheartandsoul.com) for upcoming scheduled classes or call 419.779.0607 for additional information.

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About heartandsoul Fitness For Life, LLC

*heartandsoul Fitness for Life, LLC is located at 4444 Heatherdowns Boulevard, across from the Stranahan Theatre. In business since 1988, owner Mary Lee Treter has recently expanded to provide cooking classes, offering the opportunity to learn to cook with "heartandsoul" from the top chefs in the Toledo area. Also offered at the center include yoga, Pilates, jazzercise, spinning, and massage therapy.*