

bon appétit presents
**CHICAGO
GOURMET**

FOR: **BON APPÉTIT PRESENTS CHICAGO GOURMET**

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CONTACT: **IMR**

Ivy Forester | ivy@imrchicago.com
Julie Arends | julie@imrchicago.com
(312) 878-1222

NAMASTE AND LET'S EAT!

Tickets to Rise & Shine Gourmet on Sale Tomorrow at 10 a.m. CST

Chicago yogis can feel the flow at **Rise & Shine Gourmet** presented by [KIND Healthy Snacks](#) and [UnitedHealthcare](#). The second annual event will be held at the [Chicago Athletic Association Hotel](#) on **Sunday, September 25**, offering invigorating yoga for those looking to sweat it out before the final day of [Bon Appétit presents Chicago Gourmet](#).

This year's event will have two sessions featuring yoga from [CorePower Yoga](#), followed by delicious brunch bites and refreshing cocktails.

Early Risers

Yoga session: 8:30 a.m. – 9:30 a.m.
Brunch bites: 9:45 a.m. – 10:45 a.m.

Sleepy Sunday

Yoga session: 10:00 a.m. – 11:00 a.m.
Brunch bites: 11:15 a.m. – 12:15 p.m.

Brunch will feature tastings by leading Chicago chefs, many of whom are very involved with the event's charity, [Pilot Light](#), a chef-founded organization whose mission is to

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empower all children with the knowledge, attitudes and skills they need to have healthy relationships with food. Participating chefs include Matthias Merges ([A10](#), [Billy Sunday](#), [Yusho](#)) and Jason Hammel ([Lula Cafe](#)) among others.

“As a chef and business owner in the great city of Chicago, it is not only my responsibility to operate a well-run business but more importantly, to give back to my community,” explained Chef Matthias Merges. “I co-founded Pilot Light because I believe it is so important to teach our children how to think critically about the food they put into their bodies and how their choices can affect so many aspects of their lives, their families and communities.”

Tickets to **Rise & Shine Gourmet** presented by KIND Healthy Snacks and UnitedHealthcare go on sale **tomorrow, Thursday, July 14 at 10 a.m. CST** at www.chicagogourmet.org. Tickets are \$40. This is a 21 and over event which includes a yoga class, brunch bites and a goodie bag.

For more information, visit chicagogourmet.org.

About KIND Healthy Snacks

Since its founding in 2004, **KIND**® has been on a mission to make the world a little kinder one snack and one act at a time. KIND was born out of our founder’s desire to create a snack that was healthy and tasty, wholesome and convenient. What began as a line of premium Fruit & Nut bars sparked the creation of an entirely new healthier snacking category. Today, KIND has a family of snacks that offer solutions for a variety of different occasions.

Our recipes include nutrient-dense, simple and premium ingredients like whole nuts, seeds, whole grains, and pieces of fruit. All of our snacks are gluten free and do not contain genetically engineered ingredients.

Since day one, kindness has been at the core of our business. KIND was founded with a social mission, called the KIND Movement, which celebrates and inspires kindness through acts big and small. Today, the Movement is brought to life through both the brand and The KIND Foundation, a separate charitable organization. To learn more about KIND and to join our Movement, visit kindsnacks.com.

ABOUT UNITED HEALTHCARE

UnitedHealthcare is dedicated to helping people nationwide live healthier lives by simplifying the health care experience, meeting consumer health and wellness needs, and sustaining trusted relationships with care providers. The company offers the full spectrum of health benefit programs for individuals, employers, military service members, retirees and their families, and Medicare and Medicaid beneficiaries, and contracts directly with more than 850,000 physicians and care professionals, and 6,000

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hospitals and other care facilities nationwide. UnitedHealthcare is one of the businesses of UnitedHealth Group (NYSE: UNH), a diversified Fortune 50 health and well-being company. For more information, visit UnitedHealthcare at www.uhc.com or follow @myUHC on Twitter.

ABOUT BON APPÉTIT

Bon Appétit is where food and culture meet. The award-winning No. 1 food lifestyle brand covers food through the lens of cooking, fashion, travel, design, and home. Under editor in chief Adam Rapoport, the brand has been nominated for 18 National Magazine Awards, including wins in 2014 for General Excellence and Photography; 12 James Beard Foundation Journalism Awards; and more than 50 Society of Publication Designers (SPD) nominations including design, photography, and Magazine of the Year. Under Vice President and Chief Revenue Officer Pamela Drucker Mann, the magazine was named the *Advertising Age* A-List Magazine of the Year in 2013 and “One to Watch” in 2014, and has been *Adweek’s* Food Magazine of the Year in 2012, 2013, and 2014. Please visit www.bonappetit.com.

ABOUT CHICAGO GOURMET

Now in its ninth year, Chicago Gourmet, the nation’s premier culinary experience aimed at promoting Chicago’s world-class culinary community, takes place September 23-25, 2016. It was created by the [Illinois Restaurant Association](http://www.illinoisrestaurantassociation.org) to celebrate and honor both Chicago’s culinary achievements and the creative vision of the chefs, Master Sommeliers, and wine-, spirit-, and beer-makers who participate. It also spotlights Chicago as an international culinary destination via its unparalleled epicurean talent. For more information, please visit www.chicagogourmet.org and follow on [Facebook](#), [Twitter](#) and [Instagram](#).

ABOUT ILLINOIS RESTAURANT ASSOCIATION

Founded in 1914, the Illinois Restaurant Association is a non-profit organization dedicated to promoting, protecting, educating and improving the restaurant industry in Illinois. For more information, visit www.illinoisrestaurants.org and follow on [Facebook](#) and [Twitter](#).

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