

**Press Release / Local Area Author Appearance  
Chocolate & Wine Pairing Event**

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Author and international speaker Julie Pech's topic is almost irresistible--the health benefits of chocolate meets wine pairing. Julie will be at \_\_\_\_\_ on (day) at (time) to give a light-hearted presentation on how to eat chocolate every day, guilt free, for the benefit of health and without gaining weight. She'll also be on hand to sign copies of her book, "The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate." The book, published by Wiley Publishing, includes over 60 remedies on how chocolate can help with different health issues. It also includes a first-time print version of how to pair chocolates with wine, information Pech gathered from years of teaching chocolate and wine pairing classes and traveling as a guest lecturer on cruise ships, teaching people about chocolate.

"The timing is perfect for The Chocolate Therapist book," says Pech, a daily chocolate consumer herself. "I call it the perfect storm--chocolate, wine and health, all converging into a fun concept that's actually good for you. How often does that happen?" Perhaps the sweetest element of her appearances--plenty of free chocolate samples. And whenever she does a signing, every book comes with a handcrafted chocolate bar from her shop, referred to as a "starter kit." She believes the book is a must-have for anyone who loves chocolate or wine because much of the information is entirely new. There's even a very funny section called "Where Do You Hide Your Chocolate" that includes some of the best hiding places in the world. Apparently chocolate-hiding is a learnable skill, one that some have honed to perfection.

**Bio**

Julie Pech is the author of "The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate." She owns The Chocolate Therapist chocolate shop in Littleton, Colorado, where they produce all natural chocolates and gourmet fresh-roasted coffee. Pech speaks up to 15 times a month about the health benefits of chocolate, teaches chocolate & wine pairing and chocolate & tea pairing classes and travels as a guest lecturer on cruise ships teaching people about chocolate. She's also a certified hypnotherapist and Nutrition Educator. She's currently working on franchising The Chocolate Therapist and taking her chocolate bar line into national grocery stores.

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