

**MEDIA RELEASE**

FOR IMMEDIATE RELEASE:

JANURARY 31, 2018

**WHITBYLICIOUS WINTER EDITION SHOWCASES DISHES FROM 12 RESTAURANTS UNTIL FEB 11**

WHITBY, Ont. – Prepare to indulge in the best mouth-watering dishes local restaurants have to offer. Whitbylicious Winter Edition will begin January 31, 2018 until February 11, 2018. The success of Whitbylicious has grown to surrounding areas and residents can visit any or all of the 12 local, independent restaurants in Durham Region.

Participating restaurants will present exclusive, three-course, prix fixe lunch and dinner menus, showcasing tasty dishes at affordable prices in support of Heart & Stroke. Opening their doors for Whitbylicious will be Bella Notti Ristorante, The Brock House Kitchen & Bar, Chatterpaul's, Harvest, Hot Rocks Creative Diner, KB Food, Shrimp Cocktail, The Lake Grill, The Tap & Tankard, Three Six Kitchen & Lounge, Tetra Kitchen & Vines, and Wildfire Steakhouse.

“Heart Month is a crucial time for Heart & Stroke,” Lori Armour, Senior Area Manager for the Durham and Peterborough Region Heart & Stroke office explains. “Community involvement in campaigns like Whitbylicious really helps us create awareness and generate donations, which fund important research to achieve our vision of healthy lives free of heart disease and stroke.”

Heart & Stroke’s focus this year is women’s heart health. Worldwide, it is the leading cause of death for women. Nine out of ten women have at least one risk factor for heart disease and stroke. Heart & Stroke wants to ensure women have the tools and knowledge to improve their heart health. A portion of the proceeds from each dish sold during Whitbylicious will be donated to Heart & Stroke’s ‘Heart Month’ campaign, which is dedicated to promoting awareness of heart disease and raising funds for life-saving research.

Additionally, those dining at any of the 12 participating restaurants have an opportunity to win one of five \$50 gift cards by using the hashtag #Whitbylicious and snapping a photo of your meal and posting it on to the main Heart & Stroke Facebook, Twitter or Instagram social media accounts.

Visit [www.whitbylicious.ca](http://www.whitbylicious.ca) for menu selections and a map showing each location. Whitbylicious will end February 11, 2018. Space is limited for this Whitbylicious experience. Reservations may be booked directly with a restaurant of your choice.

**About Heart & Stroke**

Life. We don’t want you to miss it. That’s why Heart & Stroke leads the fight against heart disease and stroke. We must generate the next medical breakthroughs, so Canadians don’t miss out on precious moments. Together, we are working to prevent disease, save lives and promote recovery through research, health promotion and public policy.

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