

Media Release

Creative cooks spring into the kitchen at Buderim Meadows

Queensland, 9 October 2014: Creative cooks can learn from Sunshine Coast *4 Ingredients* author, Kim McCosker's at her Creative Cooking demonstrations on Friday 17 October at Hibiscus Buderim Meadows, as part of Lend Lease's second annual Spring Retirement Festival.

Creative Cooking with Kim McCosker is the first of eight events held during the festival across Lend Lease's seven retirement villages on the Sunshine Coast, in addition to fashion workshops, one-on-one styling sessions, musical tributes, cooking demonstrations and gardening talks from some of the industry's best.

Kim McCosker said Spring was a great time to experiment and perfect new recipes in time for Christmas.

"Spring inspires fresh new beginnings and it's a brilliant time to spring clean your pantry. I love sharing the tricks of how to re-stock with key ingredients and now to turn them into impressive meals - hors d'oeuvres and desserts in a flash," she said.

"I'm excited to be part of the Spring Retirement Festival and to be sharing my favourite recipes from the *4 Ingredients* cookbook series."

Kim will also be on hand to sign copies of her new *Cook for a Cure* book, which will be available for purchase on the day, raising money for breast cancer research.

Queensland manager of Lend Lease's retirement business, Greg Little said the festival was a great way to open the doors to the community.

"Over 55s are invited to attend festival events for free and soak up the joyful vibe at any of Lend Lease's seven retirement villages on the Sunshine Coast," said Mr Little.

All events are free and are for those aged 55+. To view the full festival program, or book online visit www.retirementbylendlease.com.au/SRF or call the Spring Retirement Festival hotline 1800 550 550.

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