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MEDIA ALERT
Thursday, March 28
1 p.m. - 2 p.m.

PRINCESS TIANA AND CHEF INGRAHAM SHOW KIDS FROM THE HONEY SHINE FOUNDATION HOW TO EAT LIKE A PRINCESS

Dwyane Wade's personal chef and Disney On Ice presents Dare to Dream host a mouthwatering, healthy Cajun-style cooking demo and meet and greet for 25 girls from Tracey Mourning's Honey Shine Foundation

WHAT: Miami HEAT's Dwyane Wade will give *Disney On Ice presents Dare to Dream* access to his private chef, Richard Ingraham on **Thursday, March 28** at the **AmericanAirlines Arena**. Chef Ingraham will teach a group of 25 girls from Tracy Mourning's Honey Shine that cooking can be delicious, fun and healthy. Following the story of Princess Tiana's work in a New Orleans' restaurant, Chef Ingraham will conduct an interactive cooking demo, preparing a cajun-style lunch, that is sure to get the taste buds dancing! The girls will learn healthy cooking tips and recipes and receive a surprise meet and greet from Princess Tiana herself!

Rapunzel, Tiana and Cinderella star in *Disney On Ice presents Dare to Dream*, an all-new live production arriving in South Florida for the first time ever, performing at the **BB&T Center** in Sunrise **March 21-24** and at the **American Airlines Arena** in Miami **March 27-31**.

WHEN: Thursday, March 28
1p.m. - 2 p.m.

WHERE: AmericanAirlines Arena
601 Biscayne Blvd
Miami, Fla. 33132

WHO: Dwyane Wade's personal chef, Richard Ingraham cooking up a cajun-storm with his little sous-chefs, the girls from Tracey Mourning's Honey Shine. Following the

demonstration, the girls will get a surprise visit from Princess Tiana. Interviews with Disney On Ice skaters and Chef Richard Ingraham available.

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About Feld Entertainment

Feld Entertainment is the worldwide leader in producing and presenting live touring family entertainment experiences that lift the human spirit and create indelible memories, with 30 million people in attendance at its shows each year. Feld Entertainment's productions have appeared in more than 70 countries on six continents and include *Ringling Bros. and Barnum & Bailey*[®], *Feld Motor Sports*, *Disney On Ice* and *Disney Live!*.

About Chef Richard Ingraham

Chef Richard Ingraham is the culinary architect behind [ChefRLI, LLC](#). It provides fine dining and customized meal planning for an elite group of clients including: *NBA Champ Dwyane Wade*, *SuperBowl Champ Michael Oher*, and *World Series Champ Jon Jay* in addition to a plethora of NFL, MLB, and NBA stars. Chef Richard Ingraham was recently selected by Walmart as their [Thanksgiving Mishaps](#) Ambassador, appeared on *Chopped*, and works with White House Initiative *Chefs Move 2 Schools* to provide healthier eating options to youths. For more information on Chef RLI, LLC, please email info@chefrli.com or visit www.chefrli.com.