

## PRESS RELEASE

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FOR IMMEDIATE RELEASE  
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### The Cardinal at North Hills to Host Bestselling Author Frances Mayes

RALEIGH, N.C., July 29, 2019 – The Cardinal at North Hills, Raleigh’s premier metropolitan continuing care retirement community, is thrilled to host Frances Mayes, bestselling author of “Under the Tuscan Sun,” which was made into a hit movie starring Diane Lane. Nearly 200 guests will enjoy a once-in-a-lifetime opportunity to see the *New York Times*-bestselling author speak. Mayes authored two other international bestselling books to complete her Tuscan trilogy of memoirs: “Bella Tuscany” and “Every Day in Tuscany.” Mayes will deliver her keynote on **Thursday, August 15 at 2:00 p.m.**

This event at The Cardinal at North Hills (4030 Cardinal at North Hills Street) is a part of the Art of Living Well® Speaker Series, and is for invited guests, the media and residents. A private meet and greet will kick things off at 1:30 p.m., and the keynote will begin shortly after. Following the presentation, there will be a Q&A session and a book signing which will start at 3:15 p.m. While this event is not open to the general public, media is invited to attend. Reporters will be able to do interviews prior to the start of the event from 1:00 to 1:30 p.m. The media will be allowed to record the first three-five minutes of the presentation for b-roll.

“The Speaker Series is a tradition we look forward to every year at The Cardinal. We can’t wait for residents and special guests to hear Frances Mayes speak. She will surely inspire them through her books and travels,” said Tom Ford, executive director of The Cardinal at North Hills. “Whether you’ve read the book or watched the movie, ‘Under the Tuscan Sun’ is a great reminder to enjoy the pleasures of life and not be afraid of a challenge. Her other books also remind us to embrace the sweet life. It’s a perfect fit for our Art of Living Well philosophy, which strengthens the minds, bodies and spirits of our residents.”

Frances Mayes has always adored houses, and when she saw Bramasole, a neglected 200-year-old Tuscan farmhouse nestled on five overgrown acres, it was love at first sight. Out of that instant infatuation came six marvelous and hugely popular books. The number one bestseller “Under the Tuscan Sun” remained on *The New York Times* bestseller list for two and a half years.

The author’s latest book, “See You in the Piazza: New Places to Discover in Italy” uncovers the hidden pleasures of the old world in a travel narrative that crisscrosses the country and includes new recipes celebrating the best of Italian cooking. In 2018, she released “Women in

Sunlight,” which follows a group of women on an escape to Italy. Each woman is moving on from a personal tragedy and now has the chance to pursue her passions in one of the most beautiful places in the world.

A former creative writing professor at San Francisco State University (where she directed The Poetry Center and chaired the Department of Creative Writing), Mayes now devotes herself full time to writing – and, currently, to another renovation of Bramasole. She’s working on a new book titled “The Best of Italy” for *National Geographic* due out in Spring of 2020. She and her husband divide their time between North Carolina and Tuscany.

“As a Kisco Senior Living community, The Art of Living Well philosophy can be seen throughout our community. We cherish the opportunity to enrich our residents’ lives through this Speaker Series,” said Ford. “Our goal is to bring in engaging personalities and accomplished individuals who create remarkable experiences for residents.”

If you are interested in attending the event, covering this story or setting up an interview with Frances Mayes, please contact Madison Roberts via phone at 281-684-9857 or email at [mroberts@thepointgroup.com](mailto:mroberts@thepointgroup.com) or Lauren Witt via phone at 214-378-7970 ext. 306 or email at [lwitt@thepointgroup.com](mailto:lwitt@thepointgroup.com).

## **ABOUT THE CARDINAL AT NORTH HILLS**

The Cardinal at North Hills is Midtown Raleigh’s premier continuing care retirement community located in the vibrant North Hills Midtown District, steps away from a variety of walking trails, retail shops, delectable restaurants, theaters, concerts, medical services and much more. Within the 6-acre campus, The Cardinal features 165 luxurious independent living apartments, as well as assisted living apartments, memory care suites, private rooms for short-term rehabilitation and skilled nursing, all accessible under one roof and nestled within a lively urban setting.

At The Cardinal at North Hills, residents enjoy a variety of amenities including healthy chef-prepared dining choices delivered in the bistro, main dining room or pub. The community also has a state-of-the-art fitness center and award-winning wellness program, full-service health and beauty salon, blooming gardens, courtyards with walking paths, outdoor entertaining areas and terraces, and a full list of daily activities from which to choose. Residents are also provided with housekeeping and linen service, concierge services, scheduled transportation, intellectually stimulating events and activities, as well as opportunities to engage in social and recreational programs. It is a place where people can share passions, live in balance and build a lasting legacy.

As a Kisco Senior Living community, The Art of Living Well® philosophy is in every aspect of community life. Unique social and wellness opportunities strengthen the mind, body and spirit.



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For more information, call 561-232-6700 or go to [lifeatthecardinal.com](http://lifeatthecardinal.com).

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