



News Release

ATCO BLUE FLAME KITCHEN

Calgary Office: 909 - 11 Avenue SW Calgary, AB T2R 1L8 (403) 245-7630

For Immediate Release

July 17, 2013

ATCO BLUE FLAME KITCHEN ANNOUNCES SECOND LOCATION FOR CALGARY CLASSES

CALGARY, Alberta – Thanks to a new partnership with Alberta Health Services (AHS), ATCO Blue Flame Kitchen is now offering cooking classes at the Wellness Kitchen in the new South Health Campus located in Calgary's southeast.

"This partnership with the South Health Campus Wellness Kitchen allows ATCO Blue Flame Kitchen to offer exciting cooking classes to another area of Calgary," said Sarah Francis, Manager, ATCO Blue Flame Kitchen. "With classes continuing to be held at our popular Calgary Learning Centre downtown, a first-rate cooking education is now accessible no matter where people live in the city."

Two types of cooking classes will be offered at the South Health Campus Wellness Kitchen:

- **Noon-Hour Classes:** Guests bring their own lunch and watch an ATCO Blue Flame Kitchen chef instructor demonstrate the preparation of three or four dishes in the class theme. Each class is 45 minutes.
- **Hands-On Classes:** Our chef instructors provide guidance as guests get into the action and work with their hands for this 90-minute class.

"The South Health Campus wants to encourage southern Albertans to embrace a wellness mindset and our partnership with ATCO Blue Flame Kitchen is one way we'll achieve that goal," said Melissa Hyman, Wellness Centre Manager at the South Health Campus. "This partnership gives us the ability to showcase chefs and inspire our patients and the community with cooking and nutritional skills so they can make better shopping, cooking and eating decisions."

The August calendar features 10 courses, including sessions on ribs, summer tapas, Mexican cuisine and Everyday Delicious Breakfasts. To register for cooking classes, visit us online at www.atcoblueflamekitchen.com or call 403.245.7630.

ATCO Blue Flame Kitchen is a service provided by ATCO Gas. ATCO Blue Flame Kitchen has provided Albertans with natural gas safety information, energy efficiency tips and household advice related to food, cooking, recipes, stain removal and other household problems for more than 80 years. Visit us online for great recipes, how-to videos, kitchen safety tips and more at www.atcoblueflamekitchen.com or call 1-877-

Forward-Looking Information:

Certain statements contained in this news release may constitute forward-looking statements. Forward-looking statements are often, but not always, identified by the use of words such as "anticipate", "plan", "expect", "may", "will", "intend", "should", and similar expressions. These statements involve known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking statements. The Corporation believes that the expectations reflected in the forward-looking statements are reasonable, but no assurance can be given that these expectations will prove to be correct and such forward-looking statements should not be unduly relied upon.

The Corporation's actual results could differ materially from those anticipated in these forward-looking statements as a result of regulatory decisions, competitive factors in the industries in which the Corporation operates, prevailing economic conditions, and other factors, many of which are beyond the control of the Corporation.

The forward-looking statements contained in this news release represent the Corporation's expectations as of the date hereof, and are subject to change after such date. The Corporation disclaims any intention or obligation to update or revise any forward-looking statements whether as a result of new information, future events or otherwise, except as required under applicable securities regulations.



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420-9090 toll free. As an Alberta based, province-wide natural gas distribution company, ATCO Gas serves more than one million customers in nearly 300 Alberta communities and is part of the ATCO Group of Companies.

ATCO Group, with more than 9,400 employees and assets of approximately \$14 billion, delivers service excellence and innovative business solutions worldwide with leading companies engaged in Structures & Logistics (manufacturing, logistics and noise abatement), Utilities (pipelines, natural gas and electricity transmission and distribution), Energy (power generation, natural gas gathering, processing, storage and liquids extraction) and Technologies (business systems solutions). More information can be found at www.atco.com.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than 3.9 million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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