

# DIET FREE™

The Eight Habits That Will Change Your Life



Zonya Foco, RD

## Leader-Facilitated Weight-Loss & Wellness Program

Inspiring, lifestyle-changing, weekly video seminars perfect for groups of ten or more.

This turn-key program provides all the materials you need to lead a nine-week weight-loss and wellness program. Each session begins with your participants getting inspired and motivated as they view the “edutaining” 25-minute video on the DIET FREE habit for that week. After the video, you facilitate the discussion and goal-setting plan.

### Leader Kit and License Agreement - \$450

Each Leader Kit includes one set of the DIET FREE materials, plus a license to share the videos and lead DIET FREE classes using required participant materials in accordance with Agreement.



As America's Nutrition Leader, Zonya Foco, RD, CHFI, CSP, knows that the war on obesity, heart disease and type 2 diabetes cannot be won with structured “diets” that don't fit into our real lives. Rather, we need healthy, doable habits that, over time, change our lifestyle and make good nutrition and fitness who we are every day.

Whether the goal is to lose 10 pounds or a 100 pounds, improve energy, lower cholesterol, blood sugar or blood pressure, or simply have optimum health, these eight DIET FREE lifestyle habits—adopted one at a time—create an invisible force that will change your life!



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**Participant Materials  
\$50/kit**

**One participant kit required for each person enrolled in the program.**

**Minimum purchase of 10 kits required with initial License Agreement.**

- DIET FREE *Lifestyle Guide* (128-page in-depth companion to Video Seminars)
- DIET FREE *Habit Tracker* (30-day tracker)
- DIET FREE Audio Seminars (complete CD set of DIET FREE seminars)
- DIET FREE Novel, *Water with Lemon* (inspiring story for change)
- "Everyday Exercise: Movement Training Program" DVD
- "LIVE DIET FREE" reminder band



Adding the *Lickety-Split Meals* cookbook for your participants is recommended. Available for an additional cost at special discount.

**Present DIET FREE for your community with a live kick-off event with Zonya!**



**We are on year five of using Zonya and her DIET FREE habits—with outstanding results!**

- Terri Kachadurian  
Health Alliance Plan of Michigan

[www.DIETFREERooksCounty.com](http://www.DIETFREERooksCounty.com)

**ROOKS COUNTY HEALTH CENTER**

**DIET FREE**  
ROOKSCOUNTY.COM

**Rooks County Health Center  
FREE HEALTH FAIR**  
Saturday, May 8  
8 AM - NOON • NEW PLAINVILLE GYMNASIUM  
10 AM SPECIAL PRESENTATION  
DIET FREE by Zonya Foco, RD

**Zonya Foco**, registered dietitian and professional speaker, is host of "Zonya's Health Bites" on national public television, author of *Lickety-Split Meals* and *Lickety-Split Diabetic Meals* cookbooks, and co-author of the first weight-loss novel, *Water with Lemon*. Zonya is also a guest presenter and nutritionist for "Oprah & Bob's Best Life Challenge" and partners with Health Alliance Plan (HAP) of Michigan to develop and present its award-winning Weight Wise member programs. As America's Nutrition Leader, Zonya is a master of inspiration, motivation and visual humor providing hard-facts information and simple solutions that help everyday people improve health, create balance and maximize energy.

An 8-week weight-loss and wellness program featuring Zonya's Diet Free habits is being sponsored by the Rooks County Health Center with the assistance of the Rooks County Healthcare Foundation, Rooks County Health Department, Rooks County Health Center Auxiliary, Plainville Community Foundation, the Dessin Fourne Companies, Phillips-Rooks Extension District #5, Dama/Halco/Zurich Recreation Commission, Plainville and Stockton Recreation Commissions, the clinic of Dr. Jen Brub, Dr. Lynn Friese, Dr. Dan Sanchez and the clinic of Gerry Robben-Haines, APRN.

**PRE-REGISTRATION**  
CLICK HERE TO DOWNLOAD THE DIET FREE REGISTRATION FORM

**CONTACT US**  
785.434.4553  
info@rookscountyhealthcenter.com  
FIND DIET FREE ROOKS COUNTY ON FACEBOOK

**8 HABITS THAT WILL CHANGE YOUR LIFE**  
click to learn more ▶

**At our DIET FREE kick-off event, we signed up more people that day than participated in our previous program all last year.**

- Cambi Hempstead  
Crittenton Hospital

**CRITTENTON**