

LET'S TALK... HEART TO HEART

Saturday, February 25, 2012

Get ready for a girls day out that may save your life!



Featuring
Zonya Foco RD, CHFI, CSP



Executive Chef
Greg Mueller CEC, CCA, WCC, CDM, CFPP

10 a.m. - 2 p.m.

Pre-registration is required.
(706) 651-4343

Space is limited.

Free event worth over \$250
in giveaways, prizes and
screenings provided.

Lunch provided.

Keynote motivational and comedic speaker Zonya Foco, RD, CHFI, CSP will provide heart healthy eating tips with a sense of humor.

Enjoy a gourmet lunch and heart-healthy cooking demonstration presented by World Certified and Executive Chef, Greg Mueller.

You'll learn more about your heart with physician heart health tips as well as hear heart disease survivors share their stories.

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