

Surefire Solutions for De-Stressing and Balancing Your Life.

Join us at Walled Lake Central Auditorium
on Friday Sept. 25th 2009 at 7pm

You have a good life.... but maybe you just have too much of a good thing. If you're too busy, too tired and too stressed, Zonya has surefire solutions that will bring balance to your life and a bounce to your step.

Tickets are now on sale for \$10.00 per person.
Tickets on sale at www.tickets.walledlake528.org



Masonic Charities





As an author, TV host and national speaker, Zonya Foco is leading America in the fight against obesity, diabetes, cancer and heart disease through smart nutrition and fitness. She is the champion of the diet-downtrodden, a coach to the nutritionally challenged and a crusader with a common-sense approach to healthy eating. Leading with her mantra, "The Power of One Good Habit," Zonya is teaching families across the country the hard facts of good nutrition, and showing them how to turn knowing into doing by mastering one core habit at a time until it becomes an invisible force that can turn the life they have into the life they want.



Masonic Charities

All proceeds to benefit The Walled Lake Masonic Scholarship Program and other Masonic Charities



Walled Lake Central High School
1600 Oakley Park
Walled Lake, MI 48390