



Applefest

[16th Annual]

Community Health Fair

Saturday, April 26 from 9 a.m. to noon

Geneva High School, 101 Carter Road, Geneva

Admission is Free

Join us for this fun and informative event and enjoy free health information, activities for children, health screenings, breakfast and cooking samples. [We will be collecting canned goods for local food pantries - please bring non-perishables to contribute.]

Featuring

“Supercharging Your Plate”

with America’s Nutrition Leader,

Zonya Foco

Just back from touring with “Oprah & Bob’s Best Life Challenge”, Registered Dietitian Zonya Foco is a master of inspiration, motivation and visual humor. Copies of her best-selling cookbook, **Lickety-Split Meals for Health Conscious People on the Go!** will be given away free to the first 250 people who attend her cooking demonstration.

This 90-minute demonstration will feature tips on healthy cooking, while she prepares a meal right in front of the audience!

OPRAH & BOB’S
BESTLIFE
CHALLENGE
2008

