

*It's fun, fabulous and **FREE!***

# A Morning JUST For Me!



Learn about the hottest topics in women's health, courtesy of St. Charles Mercy Hospital, also featuring **Zonya Foco, RD**, a nutrition specialist who has appeared on ABC, CBS and NBC and has been published in popular magazines such as *Prevention* and *Total Health*.



## Saturday, April 21

**Holiday Inn French Quarter**  
Conference Center – Perrysburg

8:00 a.m. – 8:45 a.m.      Registration, breakfast  
and informational booths  
8:45 a.m. – Noon      Program

- Enjoy a free continental breakfast
- Get expert advice from doctors and professionals who specialize in women's health
- Fabulous door prizes and vendor booths featuring skincare products, nutrition, fitness and more

### REGISTRATION

*A Morning Just For Me!* is free, but you **must register to attend:** call Mercy HealthLink at 419-251-4000 by April 18 or register online at [mercyweb.org](http://mercyweb.org).



**ST. CHARLES**  
Mercy Hospital

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[mercyweb.org](http://mercyweb.org)