

your health . your future



YOUR

# health *connection*

Saint Michael's Hospital and Ministry Medical Group,  
along with the National Wellness Institute, present the ...

## 11th Annual Community Wellness Week



**Monday, July 16**

Sentry Theater

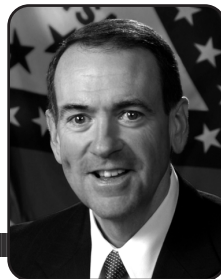
Info Booths: 6:30 p.m. - 7 p.m..

Program: 7 p.m. - 8 p.m.

### **Zonya Foco, RD, CHFI, CSP**

***Conviction vs. Convenience***  
***A fun look at where our food***  
***culture has been and where***  
***it's going***

As an author, TV host and national speaker, she 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.



**Tuesday, July 17**

Sentry Theater

Info Booths: 6:30 p.m. - 7 p.m.

Program: 7 p.m. - 8 p.m.

### **Gov. Mike Huckabee**

***Future of Medical and Health Care***

The former Governor of Arkansas, Huckabee used his personal battle with diabetes as a catalyst to revolutionize the way the state looks at its health. As chairman of the National Governors Association, his initiatives included Healthy America: Wellness Where We Live, Work and Learn.



**Wednesday, July 18**

Sentry Theater

Info Booths: 6:30 p.m. - 7 p.m.

Program: 7 p.m. - 8 p.m.

### **David Roth**

***Folk, Joke and Hope Songs:***  
***Wellness Through Music***

James Taylor meets Jerry Seinfeld? Join award-winning singer/composer David Roth on a roller coaster ride of song and story. David's thought provoking presentations are replete with hilarity, poignancy, spontaneity, and inspiration. This concert will feature some of his musical commentaries on life, love, wellness, and living in a crazy and complicated world.

***We hope to see you there!***



Ministry Medical Group  
Saint Michael's Hospital  
**MINISTRY HEALTH CARE**

900 Illinois Avenue  
Stevens Point, Wisconsin 54481



To pre-register for these FREE events or for more information, call  
**HEALTHLINE at 715.346.LINE (5463)**