

*Zonya*  
America's Nutrition Leader

**SUPERMARKET SMARTS**

# What's in *YOUR* Cart.

Another Inspiring Seminar  
in Zonya's **DIET**  **FREE** Series

**Tuesday, Sept. 29th 7-8:30pm**

Seating: \$10/person or \$7.50 for 4 or more

Tickets: Available at The Centre, Call (517) 263-6232 ext 0  
or online at [itickets.com](http://itickets.com)


Special Appearance: Comedian Richard Paul

Christian Family Centre,  
1800 West US 223, Adrian MI



Zonya Foco, RD  
Speaker/Author/TV Host

Is your shopping cart packed with beneficial fiber, phytonutrients and antioxidants? Or are troublesome trans fats, high fructose corn syrup and food colorings landing in your check-out lane? Whether your goal is to drop some weight, points on your cholesterol, blood pressure or blood sugar, join Zonya as she helps you sort the good from the bad, and decipher deceptive labels so you and your family look and feel your best!

Information about Zonya and other **DIET**  **FREE** seminars at [Zonya.com](http://Zonya.com)