

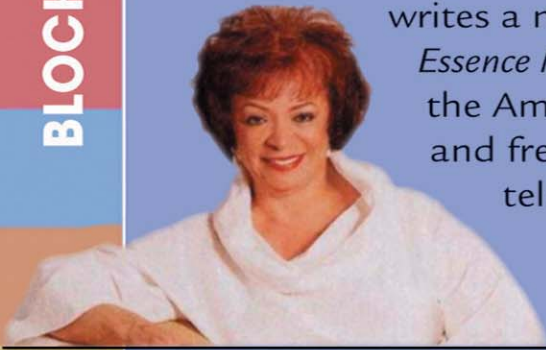
MORNING KEYNOTE:

Dishing up the Facts: Building Blocks for Healthy Choices

Zonya Foco is the author of *Lickety Split Meals for Health Conscious People on the Go!*, has been featured in *Total Health Magazine* and has her own weekly TV series debuted in April 2005 entitled *Zonya's Health Bites*. She is an expert on nutrition and wellness, and gives people information and tools to make healthy choices despite hectic lifestyles. Ms. Foco is one of only two Registered Dietitians to earn the Certified Speaking Professional (CSP) designation from the National Speakers Association.

AFTERNOON KEYNOTE: **Coming to Your Sacred Self**

Dr. Gwendolyn Grant is a relationship specialist, certified sex counselor, media psychologist, private consultant and national public speaker. Her best-selling book, *The Best Kind of Loving*, is about healing relationships. She writes a monthly advice column in *Essence Magazine*, is a Diplomat of the American Board of Sexology, and frequently appears on television and radio shows, including *The Oprah Winfrey Show*, *CBS News* and *CNN*.



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BUILDING BLOCKS FOR HEALTHY LIVING

Saturday, May 6, 2006 • 8 a.m. - 4 p.m. • Holiday Inn Select Expo Center • Columbia, MO