

Hendricks Regional Health presents

The Power of

1

Good Habit!

**Thursday,
June 15
6 - 8:30 p.m.**

Primo Banquet Hall
2353 Hadley Rd., Plainfield

with **Zonya**

AMERICA'S NUTRITION LEADER



This nutrition program features Zonya Foco, nutrition expert, best-selling author and television host. Learn healthy tips while enjoying refreshments and spa pampering. Cost is \$12 for those who pre-register or \$15 dollars at the door. To pre-register, call (317) 718-6232 or visit hendricksregional.org. Space is limited.

PICK ONE GOOD HABIT AND SEE WHAT HAPPENS

Zonya's philosophy for life-changing healthy eating is to have one good habit that still makes a big difference. Feel your best while avoiding health problems like high cholesterol, diabetes or heart disease.

Learn simple changes that are powerful tools along with techniques to help lower your cholesterol, protect your health and have more energy. Improve your health, your perspective and your life.

1 YEAR OF THESE TRICKS CAN HELP YOU LOSE

- 26 pounds using Zonya's HALVE IT and you can HAVE IT trick
- 12 pounds diluting juice with water and ice
- 5 pounds using whole-grain pasta
- 12 pounds eating bread OR dessert instead of both

About Zonya Foco, RD, CHFI, CSP

- Registered dietitian with the American Dietetics Association
- Certified health and fitness instructor with the American College of Sports Medicine
- Author of the best-selling cookbook, "Lickety-Split Meals for Health Conscious People on the Go"
- Host of PBS television show, *Zonya's Health Bites*

