



# Zonya

AMERICA'S NUTRITION LEADER

## The Power of One Good Habit!

Simple health solutions  
for everyday people!

September 4th at 7pm  
McHale Performing Arts Center

Tickets \$5.00  
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Office or LMHF Office

574.753.1595

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To learn more about Zonya, host of *Zonya's  
Health Bites* on PBS, visit [Zonya.com](http://Zonya.com).

