

Tuesday, May 8

6 – 7:00 p.m. Booths & Screenings

7 – 8:45 p.m. Program

Primo Banquet Hall
2353 Hadley Rd., Plainfield

Hendricks Regional Health presents

Supercharge your plate!

with *Zonya*
AMERICA'S NUTRITION LEADER

Supercharge your life, your health and your plate with Nutrition Leader Zonya Foco's all-new program for men and women alike.

Zonya's back for a live cooking demo with tips to get the biggest nutritional punch from your meals. You also can look and feel better with our free screenings and information booths.

Space is limited, register now:

hendricksregional.org/Zonya

(317) 718-6218

Seating:

\$12 in advance

\$15 at the door



About Zonya Foco, RD, CHFI, CSP

America's Nutrition Leader, Registered Dietitian, Certified Health and Fitness Instructor, best-selling author, television host and Certified Speaking Professional

 **Hendricks
Regional Health**

 **WFYI**
TV 20

