

Parents
AND Kids!

Don't miss this **FREE**,
fun-filled, inspiring event -
for the **HEALTH** of it!



Zonya.com

Fit Families FOR **Life**

Presented by



Nursing Students

Featuring: Nutrition Speaker
Zonya Foco, RD

Touring Nutritionist for
"Oprah & Bob's Best Life Challenge"

TV Host of "Zonya's Health Bites" & author of *Lickety-Split Meals*

Saturday, November 22, 2008 9am - Noon

Saginaw Valley State University
Curtiss Hall
7400 Bay Road
University Center, MI 48710

Parents - Learn Zonya's latest nutrition and fitness secrets for getting your family fit for life, despite today's hectic lifestyle challenges.

Kids - Join "Rockin' Robin" in a special kids-only jam session and discover totally awesome snacking skills that will surprise and delight your parents! You'll learn some cool kickboxing moves, too!

After a morning of fun, inspiring nutrition and fitness with Zonya and Robin, your entire family will now be on the same mission - working together to be a Fit Family for Life!



Robin Shear, RD

- **NOTICE:** All aspects of this program will be videotaped for educational and promotional purposes.

***** RESERVATIONS REQUIRED *****

Call or email today to reserve your family's seats and a **FREE** copy of Zonya's *Power of Positive Eating* book and Healthy Fast Food and Dining Guides.

Call: (989) 964-7118 or email: fitfamily1@gmail.com with the number attending and ages.

Free childcare available for children under 7.

