

Something Special *for* Women

*Women's Health Enlightenment,
Empowerment and Entertainment*

Presented by St. Anthony's Women's Specialty Center

Saturday, September 13, 2008

Holiday Inn Southwest & Viking Conference Center

10709 Watson Rd., St. Louis, MO 63127

8 a.m. to noon • \$15 per person

Women's Specialty Center



“Eight Habits That Will Change Your Life”

Zonya Foco, RD, CHFI, CSP, shares her common-sense approach to healthy eating. Zonya hosts “Zonya’s Health Bites” on public broadcast television and is author of the best-selling cookbook *Lickety-Split Meals for Health Conscious People on the Go!*

Attend this morning event:

- Learn the eight habits that will change your life
- Acquire new guilt-free comfort foods
- Never go on a diet again!

Join us for an informational and fun-filled morning and change your way of thinking about food. All attendees will receive Zonya’s “Motivational Minutes” CD, a “Healthy Dining Guide” and a “Healthy Fast Food Guide” to help kick start this new way of thinking.

A light breakfast is included. Phone registration begins at 8 a.m. on Wednesday, August 20. Mail in payment for registration accepted until September 1. Call **800-554-9550** to register.



ST **Anthony's**
Medical Center

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