

Our Featured Speaker

Presented by



The Power of One Good Habit and Surefire Solutions for De-stressing and Balancing Your Life



America's Nutrition Leader, Zonya Foco, RD, CHFI, CSP, is on a mission to win the war on obesity, diabetes and heart disease. Her easy humor and dynamic style drive home the message that, when it comes to health and nutrition, each of us can change our lives with The Power of One Good Habit. As a teen who saw her own weight bounce up and down, ending each diet at a higher number on the scale, she is now motivating people everywhere with a common-sense approach to

healthy eating through her TV show, "Zonya's Health Bites," her best-selling cookbook, *Lickety-Split Meals for Health Conscious People on the Go* and her newest book, a health novel titled *Water with Lemon*. She is also the only Registered Dietitian and Certified Health and Fitness Instructor in the country to have earned the prestigious Certified Speaking Professional designation.

Join us for
**A Day of Health,
Inspiration
& Fun!**

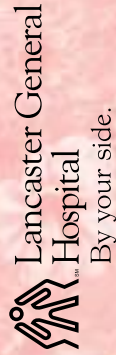


WOMEN: A Day For You



Saturday, March 10, 2007

Millersville University, Gordinier Hall
7:30 a.m. to 3:00 p.m.



Hosted by the United Auxiliaries to the Lancaster General Hospital
Celebrating 60 Years of Service

United Auxiliaries
Celebrating 60 Years of Service
555 North Duke Street
P.O. Box 3555
Lancaster, PA 17604-3555



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Agenda

7:30-8:15 a.m. Registration & continental breakfast.

8:15-9:30 a.m. **Welcome & Feature Presentation by Zonya Foco, RD**

The Power of One Good Habit

How much better of a person would you be if you performed at your maximum energy potential day after day? Get solutions and inspiration to succeed at a healthier and balanced life, starting today.

9:30-10:00 a.m. Visit vendors for information on women's services and great giveaways.

10:00-11:00 a.m. **Session One** (choose one seminar to attend)



1. **Cosmetic Surgery Update**

Cosmetic Surgery Center

2. **Women's Health Panel**

Featuring the epidemic of obesity, a cervical cancer update and the latest procedures in vein ligation.

3. **Planning Your Summer Garden**

Jay Ulrich, Esbenshade Greenhouse

4. **Making Exercise Fun**

Featuring jazzercise, body jam and other fun activities.

11:00-11:30 a.m. **Refreshment Break & Vendor Time**
Complete your vendor visitation log to be eligible for great door prizes and giveaways.

11:30-12:30 p.m. **Session Two** (choose one seminar to attend)



5. **Menopause Update**

*Joanna Boyer and Rosemary Search, RN
Lancaster General Wellness Center*

6. **Put Yourself on a Debt Diet**

Fulton Financial Services
Get out of debt forever.

7. **The Motivational & Spiritual Journey**

Anne Beiler, Founder of Auntie Anne's

8. **Revitalizing Your Spring Wardrobe:**

Taking an Outfit from Day to Evening
The Village Boutique in Neffsville

12:30-1:00 p.m. **Surefire Solutions for De-stressing and Balancing Your Life**

Feature Presentation by Zonya Foco, RD

Learn how to simplify your life; find out what ingredients a stress-free kitchen must-have; learn what foods can turn the tables on your stress level; and reclaim your right to live a healthy, vibrant life filled with energy and joy.

1:00-3:00 p.m. **Luncheon, Fashion Show and Presentation of Door Prizes**

Featuring apparel and accessories by Coldwater Creek.

See back panel for information on our featured speaker, Zonya Foco, RD, presented by



Registration

Cost is only \$35 and includes breakfast, lunch, feature presentations, breakout sessions and fashion show!

Space is limited. Complete the registration form below and mail it with your payment to *The United Auxiliaries to the Lancaster General Hospital, PO Box 3555, Lancaster, PA 17604-3555* or visit www.LancasterGeneral.org/WADFY to register online.

Advertising and vendor opportunities are available. Call 717-544-4661 for more information.

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Provide your credit card payment information below or include a check payable to *The United Auxiliaries to the Lancaster General Hospital*.

Credit Card # _____ Exp. Date _____

Menu options (please check): Spinach Lasagna
 Chicken Stirfry

Please select the seminars you would like to attend:

Session One: first choice # _____ second choice # _____

Session Two: first choice # _____ second choice # _____

How did you hear about this event? _____
