

When
was
the last
time
you...

Healthy Woman

Anthem 

For Women Health Decisionmakers

Took time for yourself?

You take care of your family.

Your business.

Your friends.

Now it's time to take care of yourself.

Take time for yourself and experience a day of pampering and healthy lifestyle information at the **Anthem Healthy Woman** event. All of the sessions are free, so don't miss your chance to:

- *Feel tension melt away as you enjoy a relaxing chair massage.*
- *Save time with onsite health screenings.*
- *Enjoy a delicious lunch and listen as nutritionist, author and TV personality Zonya Foco, RD, discusses Redefining Life Balance — What it Really Means.*
- *Enjoy fitness and cooking demonstrations.*

More details on back.

HW

Presenting:



Zonya Foco, RD, CHFI, CSP

As a top expert in the field of nutrition and fitness, Zonya Foco is a master of inspiration and motivation.

This international speaker is the only Registered Dietician and Certified Health & Fitness Instructor in the country with the prestigious Certified Speaking Professional (CSP) designation.

Zonya's impact can be seen on television, on the bookshelf and at the newsstand. She has made hundreds of TV appearances and has a PBS series called "Zonya's Health Bites." She is the author of the best-selling cookbook, "Lickety-Split Meals." Plus, she has been featured on the cover of several "Health" magazines and her articles have appeared in other health-related magazines.

Zonya has the solutions to improve health, create balance and maximize energy.

Plus:



You'll hear from our special guest emcee, Susan Ross Wells, 13 ABC news anchor and HealthBeat anchor.

We hope you and a colleague will take time for yourselves and join us for this *exclusive event.*

When

October 2, 2008, 8:30 a.m.-1 p.m.
Health Screenings & Exhibits —
8:30 a.m.-11:30 a.m.
9:30 a.m. Health Care Scams
10 a.m. Healthy Cooking Demo
10:30 a.m. Heart Disease at My Age?
11 a.m. Yoga at Work
11:30 a.m.-1 p.m. Lunch and keynote speaker

Where

The Pinnacle
1772 Indian Wood Circle
Maumee, OH 43537

RSVP

Contact Brenda Delgado at the Better Business Bureau at 800-293-2347. Space is limited to the first 200 guests who RSVP. Don't wait — reserve places for yourself and a colleague today!

Not available on October 2? No problem. Please invite a woman who can act as a health advocate for your organization.

Cost

Free, compliments of



Health screenings provided in part by



Speaker provided in part by



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