

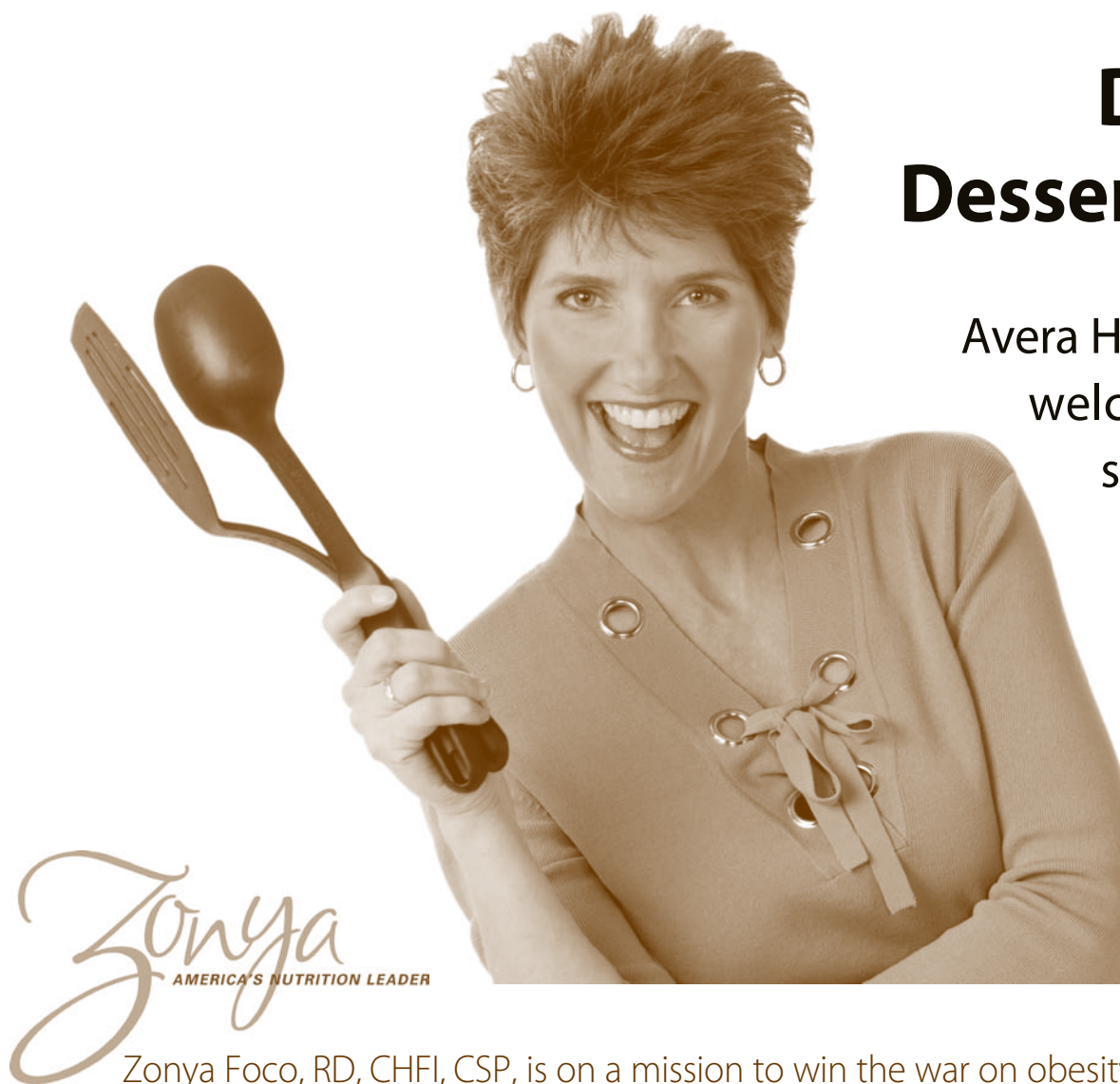
A N A V E R A H E A R T C A R E P R E S E N T A T I O N

Heart Healthy Nutrition: Finding Your Way through the *Diet Jungle*

Thursday, Feb. 1st, 2007 at 7PM
Aberdeen's Ramkota Hotel & Convention Center

Displays Open at 6PM
Dessert from 6:15 - 6:45 PM

Avera HeartCARE in Aberdeen would like to welcome back Zonya Foco! This exciting speaker showed us the value of "One Good Habit" in 2005. She's back to help you to find your way through the 'diet jungle' and eat your way to the body you crave!



Zonya
AMERICA'S NUTRITION LEADER

Zonya Foco, RD, CHFI, CSP, is on a mission to win the war on obesity, diabetes and heart disease. She's motivating people everywhere with a common-sense approach to healthy eating through her TV show, "Zonya's Health Bites," her popular cookbook, *Lickety-Split Meals for Health Conscious People on the Go*, plus appearances on ABC, NBC, and CBS.

Avera 
St. Luke's Hospital

~ sponsored by ~

Avera 
St. Luke's Hospital

Avera 
Heart Hospital
of South Dakota

 **NCH**
North Central
Heart Institute
CARDIAC, THORACIC & VASCULAR CARE

 **KSFY**
abc

DACOTAH
BANK
Here for you.

Get Your Tickets Today for Best Selection!

Reserved seating tickets are available for \$10 at
Dacotah Bank in Downtown, Aberdeen. *Jungle Attire Optional!!*