

Inaugural

# Bobbye Sloan

## Symposium

The Power of  
**One Good Habit!**



**Zonya Foco, RD, CHFI, CSP\***

### ***LEARN ABOUT:***

- Zonya's philosophy for life-changing, healthy eating: One good habit can make a big difference
- Feeling your best while avoiding high cholesterol, diabetes and heart disease
- Simple changes that are powerful tools
- Improving your health, your perspective and your life

\* Zonya is a certified health and fitness instructor with the American College of Sports Medicine and the author of the best selling cookbook "Lickety-Split Meals for Health Conscious People on the Go." She is the host of the PBS television show, Zonya's Healthy Bites and is also a registered dietician with the American Diabetes Association.

### **WHEN:**

Tuesday  
August 22, 2006  
**6:00 pm - 8:30 pm**

### **WHERE:**

Manor Auditorium,  
St. Mary's Medical  
Center

**Please Call:**

**812-485-5725**

to make reservations.

**Admission Is  
FREE!**  
Refreshments will be served.

Sponsored by:



**ST. MARY'S**



THE BOBBYE AND JERRY SLOAN  
HAND-IN-HAND FOUNDATION



ONCOLOGY HEMATOLOGY ASSOCIATES  
OF SOUTHWEST INDIANA