

# Diabetes Awareness Conference

January 13, 2007

Valley View Church of Christ  
4500 Southwest Drive, Jonesboro, AR



## Zonya Foco, RD, CHFI, CSP Keynote Speaker

12:30 pm

Zonya Foco, America's Nutrition Leader, 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. Join the Lickety-Split Maven, host of *Zonya's Health Bites* on PBS, author of *Lickety-Split Meals* and America's first health novel *Water with Lemon*, as she teaches the audience how to:

### ***"Beat Diabetes by Super Charging Your Diet!"***

Through presentation and cooking demonstration, Zonya will explain the difference between having just the standard bowl of cereal or scrambled eggs, or a graham cracker or cheese stick, and "super charging" your meals and snacks. With a few simple "super charging" steps you can learn to optimize your body's ability to defy unwanted health complications.

Think it takes cooking everything from scratch? Think again! Zonya will demonstrate a complete healthy day, top to bottom and you will see just how it compares to a "standard" day's intake, melting away unwanted fat, cholesterol and blood sugar. You've never had better blood sugar and weight control! Come ready for inspiration to take your diabetes care to the next level. *Super Charged!*

The first 250 people who sign up for the luncheon, which includes items from Zonya's cookbook "Lickety Split Meals", and Zonya's presentation, will receive her cookbook to take home. Limited seating is available. Call 870-931-5055 or 1-888-782-4555 to reserve your seat.

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



**ST. BERNARDS  
MEDICAL CENTER**

**Charge \$5.00**

## Free Screenings

7:00 am - 10:00 am

Glucose            Foot  
Glaucoma        BMI  
Blood Pressure

Health Educators  
will be available to review  
results of individual  
screening on site.

## Free Educational Breakout Sessions

10:00 am - Noon

The Benefits of the Insulin Pump - Medtronic Diabetes  
Diabetes and Heart Disease - Connie Hill, RN, RNP, MBA  
Diabetes and Foot Care - Walter Hays, DPM  
Effective Diabetes Management - Marlene Brengard, MSN, APN  
Diabetic Resources at Hands Reach - Lacey Poe, RN  
Anti-Diabetic Meds - A Pharmacist from Soo's Drug & Compounding Center  
Diabetes and Exercise - Cornelius Lovelace, RPT  
Diabetes Effect on Your Eyes - Alyssa Wenger, MD

Participants will sign up for sessions at registration. Limited seating is available for each session and will be assigned on a first come first serve basis.

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