

10TH ANNUAL

Women's Health Forum

The power of

ONE
GOOD
HABIT

It's time again for our annual girls night out. This is a night where the women of southern Oklahoma can let your hair down, kick off your heels and celebrate who you are in body, mind and spirit.

Get a sitter for the kids, bring your mother, sisters and friends, shed your pantyhose and enjoy a program packed with laughter, friendship and inspiration.

Food • Health information

Forum workout • Gifts & door prizes

Tuesday, April 22

6 pm • Ardmore Convention Center

Special guest

Zonya Foco, RD

Zonya Foco, registered dietitian, author, television host, certified speaking professional and nutrition spokesperson for Health Alliance Plan (HAP) of Michigan, is a master of inspiration, motivation and visual humor. As America's nutrition leader, Zonya provides hard-facts information and simple solutions that help everyday people improve health, create balance and maximize energy.

In *The Power of One Good Habit*, you'll discover how the tiniest, most painless habits, when done daily, can add up to a huge change in the way you look and feel. Make a different choice here, add a little movement there. Without dieting or deprivation, you can rev up your metabolism to lose 50 pounds or take 50 points off your cholesterol in just one year!

**Sign up on-line: mercyok.net
or call **220-6755** for reservations.**


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