

It's Time for a



Heart disease is the number one death threat to women. Every minute in America, a woman dies from cardiovascular disease – half of whom have no symptoms. Ladies, it's time for a Heart to Heart discussion about your health!

Saint Francis Medical Center and the Heart to Heart committee are stepping up to the plate to bring this secret killer out in the open by educating women on how to significantly reduce their risk for heart disease.

You are encouraged to invite the other women in your life and, together, attend the

Second Annual Heart to Heart Luncheon
Friday, April 17, 2009
11 am-1 pm*
Osage Community Centre
Cape Girardeau, Mo.

*Educational exhibits available at 11 am; lunch and speaker at noon

Listen to a presentation by Zonya Foco, RD, CHFI, CSP, registered dietitian and professional speaker, is host of “Zonya’s Health Bites” on national public television; author of “Lickety-Split Meals” and “Lickety-Split Diabetic Meals” cookbooks; and co-author of the first weight-loss novel “Water with Lemon”. Zonya is also a guest presenter and nutritionist for “Oprah & Bob’s Best Life Challenge” and partners with Health Alliance Plan (HAP) of Michigan to develop and present its award-winning Weight Wise member programs. As “America’s nutrition leader”, Zonya is a master of inspiration, motivation and visual humor, providing hard-facts information and simple solutions that help everyday people improve health, create balance and maximize energy.

Tickets are \$20 and include the keynote presentation by Zonya Foco, RD, CHFI, CSP, as well as cardiovascular health information, door prizes, and a delicious and heart-healthy meal catered by Ray’s of Kelso.

For more information or to purchase tickets, stop by Fitness Plus or call Saint Francis Marketing and Public Relations at 573-331-5327.



Medicine to the Highest Power