

D.I.E.T. F.R.E.E.™

The 8 Habits That Will Change Your Life!

with Zonya



Zonya Foco, RD

AMERICA'S NUTRITION LEADER

Seminar **Conquering Stress and Emotional Eating**

Special Appearance: Comedian Richard Paul
Humor Reduces Stress



Tuesday July 14 • 7:00 - 8:30 pm

Tickets \$10/person or \$7.50 for 4 or more
Available at The Centre, Call (517) 263-6232 ext 725
or online at itickets.com

Location Christian Family Centre 1800 West US 223, Adrian, MI

The second "E" in D.I.E.T. F.R.E.E.™ is "Eat until no longer hungry." When stress, boredom, loneliness or the holidays hit, do you seem to lose all control? Join Zonya as she tackles this tough subject with solutions that really work. Information about Zonya and other D.I.E.T. F.R.E.E.™ Seminars at www.Zonya.com