

DIET FREE™

The Eight Habits That
Will Change Your Life

Video Seminars

Lose Weight and Master Your Health—For Life!

Don't miss this life-changing, **nine-week weight-loss program** as *America's Nutrition Leader*, Zonya Foco, coaches you through her eight DIET FREE habits in this inspiring video seminar program.

Zonya Foco, RD



Materials include: *DIET FREE Lifestyle Guide*, *DIET FREE Habit Tracker*, *DIET FREE* novel *Water with Lemon*, CD set of *DIET FREE Audio Seminars* and a “LIVE DIET FREE” reminder band.

WHEN: Thursdays at 12 p.m.

starting January 11th

WHERE: Mason County Health Department

COST: FREE (\$185 value)

REGISTER: (606) 564-9447 ext. 113

Limited to first 20 participants

PROGRAM OFFERED BY:

Mason County
Health Department