



JOIN US FOR

# *The Heart Truth for Women* LUNCHEON

Thursday, February 23, 2017

Noon to 1:30 p.m.

*The Callaway Center at West Georgia Technical College*

WELCOMING BACK  
AMERICA'S  
NUTRITION LEADER

*Zonya Foco*  
"Be Good To Your Sweet  
Heart...**DELICIOUSLY**"

Learn healthy and tasty cooking tips and nutrition advice for your heart and cardiovascular system. There's so much more to heart health than low-fat and low-cholesterol food! Learn the latest on coconut oil, red wine and yes, even a daily dose of chocolate! It's time to supercharge your menu, so the whole family raves!



In Partnership with



A program of the National Institutes for Health

Tickets: \$30 per person  
or \$250/Table for 10  
Seating is limited.

Call (706) 845-3600 today to reserve your seat.

**WELLSTAR**<sup>®</sup>

West Georgia  
Medical Center

[www.wellstar.org/wgmc](http://www.wellstar.org/wgmc)