

LOVE YOUR HEART

## 2017 HEART TRUTH TOUR

Featuring Zonya Foco



Heart disease claims the lives of far too many women, especially here in eastern North Carolina. That's why Vidant Health, East Carolina Heart Institute and our physician partners are working together to offer risk assessments, screenings, education and advanced treatment options.

Learn more at one of our Heart Truth tour events in your area this February as we celebrate American Heart Month with the "Return of Zonya." Zonya Foco, America's nutrition leader, kicked off our very first Heart Truth tour in 2012 with a bang. She invigorated us all with her message of finding just one small thing we can do to improve our heart health. We've been asked many times to bring

back Zonya. So, back by popular demand, she's our keynote speaker again. Get ready to laugh and get energized by her tips for healthy eating, exercise, stress management and lifestyle choices. Zonya has created a lively, new presentation just for you.

### ABOUT OUR SPEAKER

Zonya Foco, a registered dietitian and a certified health and fitness instructor, is one of the most exciting, inspiring and unforgettable speakers in America. Her high energy crossed with low-maintenance solutions make healthy living fun and doable for all.

Known as America's nutrition leader, Zonya hosts a weekly public TV show, authors cookbooks, creates diet programs and is a frequent keynote speaker before groups large and small all over the country. She's been a guest presenter for *Oprah & Bob's Best Life Challenge* and is now co-partner of *EatRealAmerica.com*, which features recipes, tutorials, and coaching all focused on real food ingredients.

JOIN US

for your area's event and find out how, with Zonya's tips, you can love your heart

**Vidant Edgecombe Hospital Luncheon**  
Monday, February 13  
11:30 am – 1:00 pm  
Edgecombe Event Center  
1800 Western Boulevard, Tarboro

**Vidant Medical Center Dinner**  
Monday, February 13  
6:00 pm – 8:00 pm  
Rock Springs Center  
4025 Highway 43, Greenville

**Vidant Beaufort Hospital Luncheon**  
Tuesday, February 14 | Noon – 1:30 pm  
First United Methodist Church  
304 W. 2nd Street, Washington

*Take the free Red Dress Express from Belhaven. Reservations required. Details provided when you register.*

**Vidant Roanoke-Chowan Hospital Luncheon**  
Wednesday, February 15  
11:30 am – 1:00 pm  
New Hope Missionary Baptist Church  
94 Highway 37 North, Gates

*Take the free Red Dress Express from Ahoskie. Reservations required. Details provided when you register.*

**The Outer Banks Hospital Dinner**  
Wednesday, February 15  
6:00 pm – 8:00 pm  
Jennette's Pier  
7223 S. Virginia Dare Trail, Nags Head

**Vidant Chowan Hospital Luncheon**  
Thursday, February 16  
11:30 am – 1:00 pm  
Edenton United Methodist Church  
225 Virginia Road, Edenton

**Vidant Bertie Hospital Dinner**  
Thursday, February 16  
6:00 pm – 8:00 pm  
Cashie Heritage Convention Center  
118 County Farm Road, Windsor

**Vidant Duplin Hospital Luncheon**  
Friday, February 17  
10:00 am screenings  
Noon – 1:30 pm luncheon  
River Landing Clubhouse Ballroom  
120 Clubhouse Drive, Wallace

IN PARTNERSHIP WITH



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All events are free, but registration is required. Space is limited, so register today at [VidantHealth.com/LoveYourHeart](http://VidantHealth.com/LoveYourHeart) or call toll-free 855-MYVIDANT (855-698-4326).

You'll also get more information about heart disease, full details about our Heart Truth tour and speaker, other local heart events and how to find a physician near you. You can even take our free online heart disease risk assessment.



#VidantHeart

