



NEWS RELEASE

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Hardin County Health & Wellness Fair

Featuring Zonya Foco RD, preventive health screenings & community resources

Kenton, OH – The Hardin Safety Council today announced their Hardin County Health and Wellness Fair in Partnership with OhioHealth Hardin Memorial Hospital, Ohio Bureau of Workers' Compensation Division of Safety and Hygiene, Women L.E.A.D. and Hardin County Chamber and Business Alliance. The Health and Wellness Fair will be held Thursday, November 19 from 8:00 a.m. to 11:00 a.m. at The Hardin County Armory, 128 N. Main St.

The Fair will feature keynote speaker and America's Nutrition Leader, Zonya Foco, registered dietitian, professional speaker, television host, author, guest presenter for "Oprah & Bob's Best Life Challenge," and creator of the DIET FREE Video Seminar Lifestyle Program and co-partner in the EatREALAmerica.com recipe website. The topic will be "**STREZZ FREE Frazzle-Free Surefire Solutions for De-stressing and Balancing Your Life!**" For more information on Zonya and her complete bio go to www.zonya.com.

The Fair is free and open to the public. Local health-related businesses will have booths and will offer a wide range of free screenings, and health information. Register to win a \$50 Chamber Gold Gift Certificate and other prizes.

The Health & Wellness Fair benefits attendees of all ages by providing a great array of valuable and interesting products, services, activities, and information related to their overall welfare. From nutrition and beauty tips, to fitness demos and pertinent health information, this fair is an event not to be missed.

For more information and to register to attend contact us at 419-673-4131 or alliance@hccba.com.

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