

Leading Nutrition Expert Shares Health Information at Annual New Directions for Women Luncheon

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DENVER —

March 5 event benefits National Jewish Health, Nation's #1 Respiratory Hospital

National Jewish Health, the nation's number one respiratory hospital, presents Zonya Foco, noted dietitian and inspirational speaker, who will provide the keynote address at the New Directions for Women luncheon on March 5, 2013, at St. Andrews Country Club in Boca Raton. The luncheon will raise funds for National Jewish Health to support the research and treatment of lung and heart diseases that affect women.

Foco is a registered dietitian, certified health and fitness instructor, and certified speaking professional. She is also a master of inspiration, motivation and visual humor, providing information and simple solutions to help people improve their health, create balance and maximize energy. An experienced author, television personality and speaker, Foco helps people laugh at their bad habits and discover the joy of adopting new, healthier habits.

Lung and heart disease are two of the biggest health risks to women. National Jewish Health focuses on the prevention, diagnosis and treatment of these two critical women's health issues. Integrated research, treatment and education efforts will improve the understanding of how these diseases affect women and will redefine the treatment women receive.

New Directions for Women luncheon co-chairs are Jane Mandell, an active volunteer in the community, and Lisa Jensen, the vice president and market manager for First Southern Bank. More than a dozen National Jewish Health supporters in Palm Beach and Broward counties are part of the luncheon committee. This program continues a long tradition of informative and fun events provided by local community leaders in support of the important mission of National Jewish Health.

"Heart and lung diseases touch women we all know and love, and we're excited to bring important information to women in a fun, lively way," said Jensen. "Everyone who participates can feel good to know that their support will benefit women by furthering treatment and research at the nation's number one respiratory hospital, National Jewish Health."

The March 5, 2013, event begins with a reception at 11 a.m., followed by lunch at noon. Tickets for New Directions for Women start at \$100 per person, with sponsorships available. Contact Rebecca Reutlinger at 561.477.5400 or reutlingerr@njhealth.org.

National Jewish Health is known worldwide for treatment of patients with respiratory, cardiac, immune and related disorders, and for groundbreaking medical research. Founded in 1899 as a nonprofit hospital, National Jewish Health remains the only facility in the world dedicated exclusively to these disorders. Its integrative approach to personalized medicine and innovative research and treatment allows National Jewish Health to provide unparalleled care for women with lung and heart disease. Since 1998, *U.S. News & World Report* has ranked National Jewish Health the number one respiratory hospital in the nation.

National Jewish Health faculty offer expertise in key women's health issues and have shared their knowledge through presentations, conferences and symposia, including the North American Cystic Fibrosis Conference; the Annual American College of Allergy, Asthma and Immunology meeting; and in research papers published in leading medical journals such as the *International Journal of Cardiology* and the *American Journal of Respiratory and Critical Care*

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National Jewish Health is the leading respiratory hospital in the nation. Founded 121 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the [media resources page](#).

Media Contacts

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