

You are invited!
Grand Lake Area
Safety Council Meeting
Wednesday, August 20, 2014
At Romer's Celina.
11:30am to 1:00pm



TOPIC

Reducing Cancer Risk with Healthy Food Choices & Physical Activity

Three Objectives of Program

1. Increase awareness of cancer risk factors related to lifestyle.
2. Participants will be able to identify healthy food choices that may reduce cancer risk.
3. Participants will be able to identify components of a physically active lifestyle as it relates to reducing cancer risk.

By Judy Broering, Registered Dietician at Mercer Health

Judy has been a registered dietician for 35 years and currently works at Mercer Health Weight Management Center, Mercer Home Health Care, and Grand Lake Regional Cancer Center Radiation Oncology. She also works with Hospice of Miami County and State of the Heart Hospice in Mercer, Darke, & Jay Counties.

RSVP by August 18th to Grand Lake Area Safety Council at safety@celinamercer.com or by calling 419 586-2219. This is free to one safety council member and \$10 lunch fee for any extra attendees. Open to the public for \$15. Visit www.grandlakesafety.com for future programs and details.