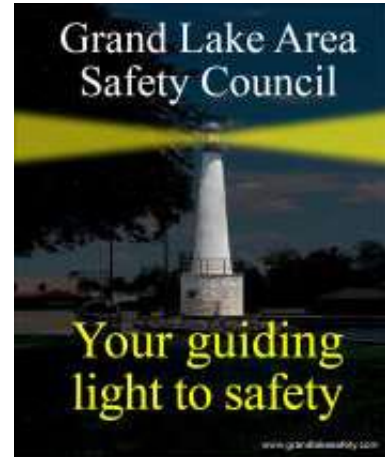


You are invited!  
Grand Lake Area  
Safety Council Meeting  
Wednesday, January 21, 2015  
at Romer's Celina.  
11:30am to 1:00pm



## TOPIC

### Cognitive Approaches to Weight Loss

#### Three Objectives of Program

1. Identify ways to promote wellness and weight loss
2. Recognize emotional eating & what may trigger it
3. Identify strategies to reduce or eliminate mental mistakes that may hinder weight loss.

By Judy Reist, MS Ed, PC-CR, CDCA-- Clinician, Corporate EAP  
Judy received a Master's degree in Community Counseling from The University of Dayton and a Master's degree in Human Development and Family Relations from The Ohio State University. She is a licensed counselor working in an Employee Assistance Program in Lima. She is a member of both the American and the Ohio Counseling Associations, and is a past board member of the Hancock County Board of Alcohol, Drug Addiction, and Mental Health Services.

Judy is an avid reader who enjoys spending time with her family and exercising with her golden retriever.

RSVP by January 19<sup>th</sup> to Grand Lake Area Safety Council at [safety@celinamercer.com](mailto: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. This program is open to the public for \$15 and includes lunch.

Visit [www.grandlakesafety.com](http://www.grandlakesafety.com) for future programs and details.