



**You are invited to attend the
Grand Lake Area Safety Council
meeting on
Wednesday, October 21
at Romer's in Celina
from 11:30am-1pm.**

TOPIC

**Know Your Numbers
by Amy Homan, CNP-Mercer Health**

Amy Homan has been a nurse for 20 years– most of her experience has been in ICU and the emergency room. She has been an NP for 3 years. Amy started in a low income clinic in Lima and has been with Dr Masser's office for the last year.

She was born and raised in Celina.

Objectives of Program:

- 1/ By the end of the program you will be able to identify normal BP.
- 2/ By the end of the program you will be able to identify abnormal cholesterol.
- 3/ By the end of the program you will be able to identify behavior and lifestyle changes to better your health.

RSVP by October 16, 2015 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.