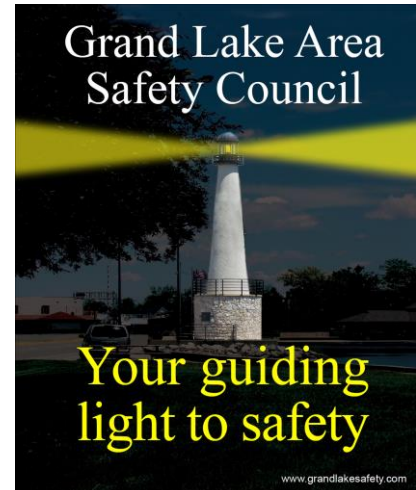


You are Invited...

Grand Lake Area
Safety Council Meeting
Wednesday, December 21, 2016
@ Romers' Celina.
11:30am – 1:00pm



TOPIC

Holidays and Stress: Are You Kidding?????

Three Objectives of Program

- 1. Provide ways to alleviate stress during the holidays and any busy time year.**
- 2. Use humor to deflect anxiety.**
- 3. Have a good time and laugh for the health of it.**

**By Cea Cohen Elliott M.A.,
Motivational Speaker, Workshop Leader, Stress Management Consultant**

**Cea has her B.A. in Education from Otterbein College,
M.A. in Guidance & Counseling from the Ohio State University,
and is a Fitness & Wellness Leader from Kenneth Cooper Aerobic
Institute in Dallas, Tx.**

**You must RSVP to the Celina Mercer Co. Chamber by Friday, Dec. 16
by calling 419 586 2219 or emailing safety@celinamercer.com.
Lunch is free to one safety council member, \$10 for each
additional safety council member, and open to the public for \$15.**