



**-FOR IMMEDIATE RELEASE-
Salem Regional Medical Center Hosting Free
'New Year, Healthy You' Community Seminar**

(SALEM, OHIO) – January 10, 2020 – Area residents who would like to improve their health in the coming year are invited to attend a free educational seminar hosted by Salem Regional Medical Center (SRMC) at 6:30 p.m. Tuesday, January 28.

The program, “New Year, Healthy You,” will feature SRMC-affiliated health care professionals sharing important strategies for achieving and maintaining a healthier lifestyle. The speakers and their topics will include:

- Elaine Boyd, M.D., Family Medicine: “Healthy Habits”
Affiliated with Columbiana Family Care Center & SRMC’s Medical Staff
- Jessica Mertens, MS, RD, LD, AVI Clinical Dietitian: “Mindful Eating”
- Jamie Benner, Program Manager of SRMC’s Behavioral Medicine and Wellness Center: “Managing Moods and Stress”

The seminar will take place in SRMC’s Tower Conference Room, located on the hospital’s ground floor concourse. Doors will open at 6 p.m. with educational displays for viewing. A question and answer segment will follow the presentation portion of the event. Light refreshments will also be provided.

Limited seating is available. Advance registration is requested by calling SRMC’s Public Relations/Marketing Department at 330-332-7439.