



Balanced Living Lecture Series

Presented by the Cincinnati Bar Association Health & Well Being Committee

Your Health It's the Heart of the Matter

Featuring Amy Mechley, M.D.,
Medical Director, Wellness Division, The Christ Hospital Health Network

Tuesday, February 3 / 12-1 p.m.
FREE Lunch Provided

CBA Member/FREE
Non-Member/\$10

Location:
Cincinnati Bar Center, 225 East Sixth Street, 5th Floor, Downtown Cincinnati



About the Program

Dr. Mechley will share meaningful choices you can make now to ensure a healthy personal future in the midst of a chronic disease epidemic. She will discuss the science of epigenetics and how we can change our roadmap from the burden of disease to a thriving, engaged life. You will discover that it is not so much about living longer, but living well. How will you live the last ten years of your life? It is all about choices and Dr. Mechley has a scientific evidence based medical approach that can start and keep you on the path of wellness. In this era of healthcare crisis, you will learn how true healthcare reform lies in the improvement of health as opposed to the reactionary battle of disease treatment.

Let's celebrate the heart in the month of February and learn how to love your heart a little more each day!



Dr. Mechley is a board certified family medicine physician and Medical Director of The Wellness Division at The Christ Hospital Health Network. She also serves as adjunct professor of clinical family medicine with the University of Cincinnati Family Medicine Residency Program. Dr. Mechley earned her medical doctorate at the University of Cincinnati College of Medicine and completed her residency in family medicine at The University of Utah McKay-Dee Hospital. She

completed additional training in mind/body medicine at the Harvard Medical School and advanced cardiac wellness at the Massachusetts General Hospital Henry-Benson Institute. Dr. Mechley is a member of the American Academy of Family Medicine and The American College of Lifestyle Medicine.

Register :

Online: www.cincybar.org (with credit card #)
Email: dvorlet@cincybar.org
Fax: (513) 381-0528 (with credit card #)
Phone: (513) 699-4028 (with credit card #)

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Enclosed is my check in the amount of \$
made payable to the Cincinnati Bar Association.

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Cancellations received by noon the business day prior to the seminar will be refunded in full.

The Balanced Living Lecture Series

Rewarding and challenging, satisfying and stressful, productive and demanding. The practice of law is mixed with contrasts. Through the Balanced Living Lecture Series, the CBA Health & Well Being Committee strives to share varied perspectives to help you navigate your own path to a balanced, rewarding professional and personal life.

Contributions to support future programs are welcome and may be made to the Cincinnati Bar Foundation, c/o Kenneth Jameson Health & Well Being Fund.

The Balanced Living Lecture Series is made possible in part by a grant from the