



EISENHOWER HEALTH

**Wednesday, February 28  
5 to 6:30 p.m.  
Montecito Club House Ballroom  
Shadow Hills – Sun City Country Club**

***Great Health and  
Nutrition Habits in 2018***

Cari Sudmeier, RN, MS, FNP



**YOU ARE INVITED** to join us for a complimentary reception with Cari who will highlight the pillars of ideal health through the balance of proper nutrition, early screening tests, exercise and community involvement.

Cari Sudmeier is a graduate of Loma Linda University, where she obtained her Master of Science degree, Bachelor of Science degree and completed the Family Nurse Practitioner program. Sudmeier has been a Nurse Practitioner for 18 years and a Registered Nurse for 26 years.

Prior to joining Eisenhower Women's Health 365 at Eisenhower Health with Dr. Lisa Lindley, Sudmeier worked locally in a family practice for eight years and in a cardiology practice for six years. Her background also includes eight years as a Critical Care Nurse, working in Intensive Care Units and as an International Air Ambulance Nurse.

***We hope to see you there!***

For more information or to RSVP,  
call **760-345-4349**, ext. **2111** or **2201**,  
or email [Valeria.batross@associa.us](mailto:Valeria.batross@associa.us)

