

Family & Community MEDICINE

Summer 2003

DR. BETSY GARRETT IS MAKING A DIFFERENCE AS SHE STRIVES TO BE A Person with Passion, Commitment, and High Ideals

ELIZABETH (BETSY) GARRETT pursued a career in medicine because she wanted to make a difference. Born and raised in Monett, a small Missouri town where general practitioners attended to every health care need in the community, Dr. Garrett always considered family medicine to be the “gold standard” and what being a doctor was all about.

An MU alum – BGS '75, MD '79, residency '82, MSPH '88, Dr. Garrett joined the Family and Community Medicine faculty nearly 15 years ago, while completing her fellowship training. Jack Colwill, MD, professor emeritus and former chair, hired Dr. Garrett, confident that her vitality, creativity, and commitment to teaching medical students would impact the department as well as the institution.

Dr. Colwill's instincts were right; Dr. Garrett has indeed impacted medical education at MU. She directs predoctoral education and the family practice clerkship for the department, and through the

years she's been appointed to various committees whose work has involved revising key elements of the medical school



ELIZABETH GARRETT, MD, MSPH
Professor, Family and Community Medicine

curriculum. And if she's not involved in teaching activities, she's seeing patients at Green Meadows Family Practice Clinic.

Her job offers variety and experiences that are both exciting and rewarding to Dr. Garrett. “I enjoy helping patients and hope that my style makes them feel special and cared for,” she explains. “And I love teaching medical students. As a family medicine educator, I see them at the start of medical school and then later during their third year. I see them again if they do residency here, and I also work with them as family physicians, if they become preceptors later on in their career. It's exciting to see so many of them learn and grow.”

Dr. Garrett credits the Society of Teachers of Family Medicine (STFM), especially her STFM colleagues involved in predoctoral education, for helping her succeed as an educator. STFM is a multidisciplinary organization whose membership includes 5,000+ physician and non-physician teachers from all across the country. Dr. Garrett joined STFM in 1985 while serving as an adjunct clinical professor at Dartmouth College, Hanover, NH.

During the mid-'80s, Dartmouth initiated plans to start a residency program and recruited Dr. Garrett to assist in their efforts. So for three years, she practiced in Lebanon, a town just 10 miles from the college, at a clinic that was to later serve as a community-based training site for the new residency. Dr. Garrett speaks highly of her Lebanon experience.

“It was a wonderful first practice opportunity, providing me with diverse and powerful lessons in patient care,” she explains. “Teaching medical students at Dartmouth was a joy, too. I realized then that a career focused on predoctoral education would be a good fit for me.”

Eager to pursue this interest, Dr. Garrett attended her first STFM meeting while still at Dartmouth – shortly before she returned to MU to begin her fellowship training. This meeting was huge for her, she says. In fact, it opened the door for many valuable experiences and friendships that have significantly impacted her professional growth and success.

“My membership in STFM – like my career in medicine – has provided me many opportunities to contribute, to develop meaningful relationships, and to involve myself in activities that benefit people,” she says proudly. One of her most recent contributions was serving as STFM president this past year.

“I've never wanted to be a chair, residency director, or dean,” she says. “But I've always thought that if there were one role I'd consider it an honor to serve, it would be president of STFM.”

Leading STFM was a dream come true for her. In an e-mail message she sent the STFM membership this May, a proud and emotional Dr. Garrett described her year as “truly incredible” and thanked her friends and colleagues for their support, trust, and confidence.

Focused on the future, Dr. Garrett is eager and optimistic as she thinks about what's next. Her goal – to make a difference in the lives of patients, students, colleagues, family, and friends – is as strong for her today as it was 20 years ago, and she expresses it well in an editorial she wrote last year for *Family Medicine*:

“There is no better time to be in family medicine. There is no better time to be people of passion, commitment, and high ideals. We have been given a critical time in history and a wonderful chance to truly do what we said wanted to do – to make a difference in the world and lives around us.”

To learn more about family medicine education at MU, please e-mail Dr. Garrett at garrette@health.missouri.edu

Chair's Message

WARM GREETINGS FROM MISSOURI. On behalf of everyone at MU Family Medicine, I'm pleased to present the summer issue of our department newsletter. Featured in this issue are several faculty and alums who have touched our department in special ways. We are proud to tell their stories.

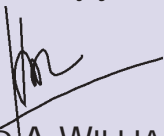
We're especially proud to tell Sherwood Baker's story. As the father of family medicine at MU, his early leadership provided a strong foundation for our department. There are other faculty members who played a significant role in establishing family medicine at MU, and we plan to tell their stories in future newsletters.

In May, we had the honor of sponsoring our 26th Annual Family Practice Update. The Update is a two-day conference that explores new and important developments in family medicine. Usually held in the spring, this conference attracts health care providers from across the state.

Attendance reached an all-time high at this year's Update, with our own family practice alumni representing a high percentage of attendees. It was great to see so many graduates back in town.

A number of them even came from out-of-state and deserve special recognition for their efforts to keep connected with our department. Returning from Illinois were Scott Kimber ('98) and Samantha Sattler ('01); David Ringdahl ('88) came from Wisconsin, and Michael Blood ('84) drove in from Indiana. And traveling the farthest - flying in all the way from Pennsylvania with his wife, Sylvia - was Kevin Hepler ('83).

We've already started planning next year's Update and will tell you more about it in our fall newsletter. Until then, have a safe and enjoyable summer.



HAROLD A. WILLIAMSON JR.
Professor and Chair

FAMILY MEDICINE FACULTY FOCUS

E. CAREY WATERS IV, MD has joined the family medicine faculty and now serves as an assistant professor. After graduating from MU's School of Medicine and its Family Practice Residency Program, he practiced two years at MU Health Care's primary care clinic in Boonville, MO. In his new role, he is seeing patients at Columbia Regional Associates, a family practice clinic in northeast Columbia. He is also teaching medical students from the University.

Dr. Waters is glad he had the opportunity to return to MU Family Medicine. He enjoys his job and values the relationships he has developed with patients, students, and colleagues in the department.



KELLY HAYDAY, MD has recently joined our faculty as a clinical instructor of family medicine. Dr. Hayday completed medical school and her family practice residency at MU. This July, she began working at Green Meadows Family Practice Center, a primary care clinic located just minutes from the University, where she teaches and practices family medicine.

Dr. Hayday is excited about her new job. "I look forward to expanding my patient population and to working with the terrific faculty in MU's family medicine department," she says. "These faculty have been wonderful role models for me throughout my residency."



HEATHER PIERCE, MD will be joining our faculty to serve as a clinical instructor of family medicine. Dr. Pierce, a University of Missouri School of Medicine graduate, just completed her family practice residency at MU. Later this summer, she will start practicing at Callaway Physicians, MU's family medicine clinic in Fulton. Fulton, located 25 miles east of Columbia, is a rural community of approximately 10,000.

"I am looking forward to providing educational opportunities for medical students and residents," says Dr. Pierce. "I'm also excited to become part of Fulton and serve the patients in this community."



The Results of Research Conducted by PROFESSOR DAN VINSON, MD, MSPH have been published in the May 2003 issue of the *Journal of Studies on Alcohol*. Dr. Vinson's study, which used the case-crossover method, provides important information about alcohol and how it boosts the risk of injury. After collecting data from 2,517 ER patients treated for injuries, Dr. Vinson was able to create a graph that shows how the risk of injury increases exponentially by the number of drinks consumed.

The Results of Research Conducted by PROFESSOR SHANNA SWAN, PhD have been published online by *Environmental Health Perspectives* (ehponline.org/press). Following an earlier study that found that men in rural mid-Missouri had lower sperm counts and quality than their peers in urban centers, Dr. Swan has identified and linked three agricultural chemicals to the problem. Higher concentrations of alachlor, diazinon, and atrazine were found in urine samples of these men.

Predicting Mortality in Nursing Home Residents with Lower Respiratory Tract Infection, a paper by Associate Professor **David Mehr, MD, MS**, was selected for the 2003 Society of Teachers of Family Medicine (STFM) Research Paper Award. The award will be presented this fall at the Annual STFM Conference in Atlanta, GA. Coauthors of this paper, published in the *Journal of the American Medical Association*, include MU Family Medicine Professor **Steven Zweig, MD, MSPH** and Assistant Professor **Robin Kruse, PhD, MSPH**.

A NEW CLASS OF FAMILY PRACTICE RESIDENTS

Residency Director ERIKA RINGDAHL, MD and Associate Director STAN DORST, MD are proud to welcome these new first-year residents and externs:

RESIDENT	MEDICAL SCHOOL
Amanda Allmon, MD	University of Missouri-Columbia
Paul Angleton, MD	University of Illinois-Rockford
Sarah Curry, MD	University of Missouri-Columbia
Kristen Deane, MD	University of Missouri-Columbia
Kristin Koehn, MD	University of Iowa-Iowa City
Simon McKeown, MD	University of Missouri-Columbia
Ryan McWilliams, MD	University of Missouri-Columbia
Erin Piontek, MD	Saint Louis University
Scott Roos, MD	Medical College of Ohio
Brian J. Schultz, MD	University of Missouri-Columbia
Natalie Sefton, MD	Southern Illinois University-Springfield
Jeremy Swindle, MD	Tulane University

EXTERNS IN INTEGRATED FAMILY PRACTICE RESIDENCY PROGRAM (4TH YEAR MU MEDICAL STUDENTS)

Lea Claycomb — Laurel Sommer — Sarah Wiederholt — Mendi Zion

ACADEMIC FAMILY MEDICINE FELLOWS

Fellowship Program Co-Directors STEVEN ZWEIG, MD, MSPH and MICHAEL HOSOKAWA, EdD are proud to present the new MU Academic Family Medicine Fellows:

FELLOW	RESIDENCY TRAINING	FELLOWSHIP TRACK
Brent Allmon, MD	University of Missouri Family Practice	Geriatrics
Chris Farmer, MD	University of Missouri Family Practice	Sports Medicine
Ahmad Tarakji, MD	University of Missouri Nephrology Fellow	Geriatrics



ATTENTION Family Medicine Alumni

You are important to us!

To keep us, and your classmates, up-to-date with what's new in your life, we are considering creating:

- ❖ a class notes section in our newsletter ❖
- AND/OR
- ❖ a listserv for residency/fellowship graduates ❖

*For either of these projects to succeed,
we will need your participation. Will you please
take a minute and let us know what you think?*

Please direct your feedback to Kathy Boeckmann
by phone at 573-884-7916
or e-mail at boeckmannk@health.missouri.edu

Letter to the Editor

Dear Editor,

I enjoyed the recent newsletter, especially the article on the IHS. I would point out that the department's relationship to the IHS goes back a long ways. I spent 2 years in the IHS (1961-63) at Gallup, NM, and another former faculty member, Don Alcorn (now retired from private practice in Sedalia) was at Crownpoint, NM for 2 years at about that same time. Rob Flack, one of our residents, also spent a number of years in the IHS in Oklahoma, and I believe there were others, one or two, in Alaska.

Everyone I have talked to who has had an IHS experience has found it interesting and valuable. Working in another culture with all its rewards and challenges is fertile ground for family physicians, and some have chosen it for a career.

Sincerely,

Roger Hofmeister, MD

MU Family and Community Medicine Associate Clinical Professor, Retired

NOTE: The editor welcomes your comments; please e-mail them to: boeckmannk@health.missouri.edu

As the Father of Family Medicine at MU, A. SHERWOOD BAKER

played a leading role in the
birth and early development
of our department



A. SHERWOOD BAKER, MD

The history of family medicine at MU is a story of passion and success. It's a story that makes us proud of the vision and dedication of our early leaders . . .

DURING THE EARLY '60S, MU SCHOOL OF MEDICINE Dean Vernon Wilson, MD and Community Health and Medical Practice (CHMP) Chair Carl Marienfeld, MD were recruiting for a new faculty member to supervise the school's preceptorship and manage the general practice residency. Their search led them to Dr. Baker, a 1942 graduate of the University of Illinois-Chicago School of Medicine.

At the time, Dr. Baker was practicing medicine in his hometown of Mt. Morris, an isolated country town of 3,000 located 100 miles west of Chicago. Since 1946, families in this rural community had depended on Dr. Baker and his partner for all their health care needs. Dr. Baker valued his life and practice in Mt. Morris, making his decision to come to MU in 1963 a difficult one.

"I liked working in a small town where I knew everybody and understood my patients' feelings," Dr. Baker explains. "I practiced full spectrum family medicine, including minor surgery, in Mt. Morris. It was a great experience and very rewarding for me."

After 17 years in Mt. Morris, Dr. Baker had become a skilled, well-liked, and widely respected physician who understood and appreciated the principles of family medicine. His reputation in rural practice was strong. Dean Wilson knew this; in fact, that's why he recruited Dr. Baker to manage MU's preceptorship.

The preceptorship, implemented by the medical school in 1964, was a four-week training experience that paired third year students with small town general practitioners in Missouri. As supervisor of the preceptorship, Dr. Baker's responsibilities included finding and screening physicians for the program, and then assigning medical students to these physicians. "That was the best job I ever had," he explains. "I got to drive all over the state, meet all kinds of people, and get out of the sacred halls of learning."

Under Dr. Baker's leadership, the preceptorship became an essential component of medical school education. Students gained valuable lessons in general practice by working alongside physicians in rural communities. Preceptors and patients gained, too, from the energy and enthusiastic approach medical students brought to health care. The preceptorship has endured through the years, thanks in part to Dr. Baker's early influence and direction. He managed the program for nearly a decade, and in 1972, CHMP Professor William C. Allen, MD was appointed preceptorship director.

When Dr. Baker took charge of the general practice residency in 1963, the program provided two years of training, one in pediatrics and one in internal medicine, with additional training in surgery and obstetrics for residents who requested it. Only a few physicians had completed the program before Dr. Baker decided to phase it out and direct his

has been a story of continuing growth and eager to recognize the hard work starting with A. Sherwood Baker, MD.

time and energy on a new goal: developing a family practice residency for MU.

Dr. Baker initiated the campaign to establish a family practice residency in 1969, soon after the American Board of Family Practice (ABFP) was created. This effort was major and not without opposition.

"Gaining institutional commitment and earning a place alongside the other boarded specialties was a challenge for us," Dr. Baker says. "At the beginning, many faculty from other departments resisted change and refused to recognize family medicine as a specialty."

His hard work and persistent efforts paid off, however. By 1970, the University gave approval for the family practice residency program, and in this same year, Dr. Baker recruited two new faculty: Georgia Nolph, MD and Roger Hofmeister, MD. To build a patient population for the residency, these physicians opened a Model Family Practice Clinic, where they provided health care to city employees and physicals to highway patrol officers.

Located on the third floor of University Hospital, the clinic was small, poorly furnished, and accessible only from an outside staircase. But in spite of this, Drs. Baker, Nolph, and Hofmeister stayed steadfastly dedicated to their roles as physicians and as teachers. Their vigorous commitment to excellence - in education and patient care - provided a strong foundation for our residency program.

By 1973, MU's family practice residency had earned ABFP accreditation and enrolled its first class of residents. The example set by our early faculty, beginning with Dr. Baker, instilled values of compassion, integrity, humor, and respect throughout the department. Their leadership kept us focused on our mission and promoted strong and steady growth of MU family medicine physicians, residents, patients, and clinics.

As the family practice residency program was expanding, the organization and functions of CHMP were being re-defined by leaders in the Medical School. They decided to rotate the role of chair among faculty members; Dr. Baker and James Irwin were co-chairs from 1972-74, then Paul Young, MD was elected chair. By 1976, we earned full department status and were renamed Family and Community Medicine; this same year Jack M. Colwill, MD was selected to be our first permanent chair.

Dr. Colwill, who served as chair for more than 20 years, knew Dr. Baker well and worked closely with him until he retired in 1982. He has enormous respect for Dr. Baker and the contributions he made to our department.

"Dr. Baker played a unique and very important role in our department's history," says Dr. Colwill. "And for that, he clearly deserves to be called the father of family medicine at MU."

PRACTICING MEDICINE FOR FORTY YEARS WAS REWARDING FOR DR. SHERWOOD BAKER. HE VALUED HIS PATIENTS, STUDENTS, AND THE OPPORTUNITIES HE HAD TO MAKE A DIFFERENCE. LIFE "AFTER MEDICINE" HAS BEEN GOOD FOR DR. BAKER, TOO. SINCE RETIRING IN 1982, HE'S BEEN FOCUSED ON FAMILY, FRIENDS, AND FINDING NEW WAYS TO MAKE A DIFFERENCE.

FOCUSED ON FAMILY

Family is, and has always been, a priority in Dr. Baker's life. He and his wife Miriam (who passed away on Christmas Eve in 1999) have three daughters. Edith teaches English at Bradley University in Peoria, IL, and Martha teaches high school math in Boise, ID. Nancy is a family physician and faculty member at the University of Minnesota, where she co-supervises the residency program, teaches, and sees patients. Dr. Baker has five grandchildren, three boys and two girls, ranging in age from 15 to 27. His daughters and their families are very dear and important to Dr. Baker, and he travels frequently to visit them.

FOCUSED ON FRIENDS

After graduating from medical school and then completing a one-year internship, Dr. Baker and 11 of his classmates met in a forest preserve west of Chicago for one last picnic before they were spread out for service in World War II. The twelve, who were also fraternity brothers of AKK, wanted to keep in touch, so they made a solemn oath to communicate via the mail. Their round-robin letter-writing campaign started on September 5, 1943 and continued for nearly 60 years. It wasn't until 2001, after nine of the twelve friends had died, that the letters stopped.

All of the letters written by this group have been preserved; some are typed and some are handwritten. For the past five years, Dr. Baker has devoted much of his time to copying and saving them to his computer. The complete collection fills 11 volumes.

"We sent many, many letters over the years -- it was a wonderful way to stay connected with a great group of guys," says Dr. Baker. "These letters chronicled the changing face of American medicine and the special relationship of twelve friends."

Dr. Baker has contacted several organizations about publishing the letters. If he can get the collection printed, he will donate the originals to University of Illinois-Chicago. Working on this project has been a meaningful experience for Dr. Baker.

FINDING WAYS TO MAKE A DIFFERENCE

PET (Personal Energy Transportation) is another project that Dr. Baker is enjoying. PET is a hand-cranked wheelchair designed to provide mobility to people who have lost the use of their legs. Since 1995, this project has served people living in some of the most desperate places in the world. Under the direction of founder Reverend Mel West of the United Methodist Rural Fellowship, volunteers gather in a large warehouse to build PETs. Dr. Baker's good friend and former colleague Dr. Roger Hofmeister has been a longtime PET volunteer, and he introduced Dr. Baker to the project. The two meet once a week to help construct PETs.

MU Family Practice Residents

CLASS OF
2003

CLASS OF
1993

CLASS OF
1983

RESPOND TO QUESTIONS ABOUT
THEIR CURRENT PRACTICES ... RESIDENCY TRAINING
LIFE AS A FAMILY PHYSICIAN ... THE REWARDS OF FAMILY MEDICINE

Kendall Walker, MD

CLASS OF
2003



MY PRACTICE PLANS

I will be joining two other family physicians in Liberty, MO, a suburb of Kansas City. My practice will include inpatient medicine, clinic work, and nursing home care.

AS A FAMILY PRACTICE RESIDENT, I VALUED ... the relationships formed among residents and between faculty and residents. From my first day in the department, I felt like I was welcomed and truly part of the family.

MY BIGGEST CONCERN AS A NEW PHYSICIAN ... is not having a faculty member to ask questions. I have learned so much in the last three years, but every day I realize there are still so many things to learn.

AS I START MY CAREER ... I'm looking forward to establishing new physician-patient relationships and being able to see my patient's health change over time. As I prepared to leave residency these past few months, I was surprised at how difficult it was to tell my patients good-bye.



Pat Adam, MD, MSPH

CLASS OF
1993

MY CURRENT PRACTICE

I completed my fellowship at MU in 1996, and since then I've been on faculty at Smiley's Residency Program in Minneapolis. I see patients three half-days a week. My practice includes a variety of patients, ranging from university professors to the uninsured with multiple medical problems. A fairly large proportion of my patients are immigrants from Somalia, Ethiopia, Vietnam, and Central and South America. I speak Spanish and particularly enjoy taking care of the Hispanic population.



JACK M. COLWILL ACADEMIC ENDOWMENT

*Building the First Endowed Chair for
MU Family and Community Medicine*

The Jack M. Colwill Academic Endowment to support continuing excellence of our department. Our goal is to raise \$1.1 million, enough for our department, and last year, to help

THE COLWILL

From 2002 - 2005, Dr. Colwill will make

The response to this generous donation is remarkable. Donations now total \$680,000, and a goal of \$1.1 million is within reach. Our heartfelt thanks to all faculty, alumni, and friends who have supported this effort.

While the fundraising efforts to establish the Jack M. Colwill Academic Endowment continue, we are pleased to announce that the Jack M. Colwill Academic Endowment has been established.

For information on the Jack M. Colwill Endowment, please contact: Dr. Steven Zweig at 573-882-1758

AS A FAMILY PRACTICE RESIDENT, I VALUED ...

the principles I was taught, more than the specifics I learned. I was taught in an environment that always questioned the standard of care and encouraged us to search for a better way to practice medicine. It encouraged research in a specialty that was founded on the practice of medicine. And it was fun! Humor was (and I hope still is) an essential part of our everyday interactions with faculty and residents.

MY LIFE AS A FAMILY PHYSICIAN ...

continues to be the challenge that I always expected. I wanted to teach and take care of patients and am grateful that I am able to do both in the residency program; however, I never planned for the administrative component of my work. I truly enjoy that part of my job, but it can take away from the hands-on patient care that is the cornerstone of who I am as a family practitioner.

I FEEL REWARDED IN MY CAREER ...

by the opportunities to share in the lives of families that I care for. I enjoy watching the residents grow from ideal yet highly inexperienced physicians, to family practitioners who have matured beyond our program. Every July, I am amazed at how much we truly teach our residents as we start all over again with the new interns who have just arrived.

S. Kent Griffith, MD

CLASS OF
1983



MY CURRENT PRACTICE

Since finishing my residency 20 years ago, I've practice in Cape Girardeau, a southeast Missouri community of 35,000. I work with a group of nine other family physicians, and we draw our patients from an area 60 miles in diameter. I practice full spectrum family medicine, pediatrics to nursing home care, and until last November I did OB. Cape is an ideal place to practice. The town offers all the medical subspecialties, which is unique for a community this size. That makes things easier for me and my patients.

AS A FAMILY PRACTICE RESIDENT, I VALUED ...

the combination of what I gained - in terms of knowledge, skills, and independence - by learning in an academic environment and training in a rural community. Both experiences offered unique perspectives that prepared me for small town family practice.

MY LIFE AS A FAMILY PHYSICIAN ...

is pretty much what I expected a family doctor's life would be, and for that I feel

very fortunate. Being in a group has allowed me to maintain a practice and stay active in my children's lives. As time goes on, the obvious stresses - like managed care, lower reimbursements, more government regulations - have had some impact, but not enough to change my attitude or lessen the enjoyment of what I do.

I FEEL REWARDED IN MY CAREER ...

by the special bonds I've established with families. The bond is unique when you actually deliver children and take care of them afterward, and then watch them grow. This happens a lot when you live in the same community for 20 years. I've recently reached an important milestone in my career ... I've delivered the child of a child I delivered years ago.

owment was created in May 2000
f family medicine education at MU.
gh to establish the first endowed chair
p us achieve this goal, Dr. Colwill offered
L CHALLENGE:

atch all gifts donated: \$2 for every \$1

s match has been impressive.

active pledges are close to \$100,000.

i, and special friends who have donated.

ampaign is going well,

ill Family Medicine Chair continue ...

If you haven't yet made a donation,
we hope you will show your support for
family medicine education by taking the

COLWILL CHALLENGE

If you've already joined our family of donors,
please know that your ongoing support ensures
the continued growth of this endowment.

or zweigs@missouri.edu OR Kathy Boeckmann at 573-884-7916 or boeckmannk@health.missouri.edu



University of Missouri-Columbia

FAMILY AND COMMUNITY MEDICINE
M226 Medical Sciences Bldg, DC032.00
Columbia, MO 65212

UNIVERSITY OF MISSOURI-COLUMBIA

Family & Community MEDICINE

M226 Medical Sciences Building
Columbia, Missouri 65212
Telephone: 573-882-2996
Fax: 573-882-9096

<http://www.fcm.missouri.edu>

Chair:

Harold Williamson Jr., MD, MSPH

Associate Chair:

Steven Zweig, MD, MSPH

Administrative Manager:

Pamela Mulholland, MHA

*Questions and comments about this
newsletter should be directed to:*

Kathy Boeckmann, MA
573-884-7916

boeckmannk@health.missouri.edu

— 13th Annual Conference —

CARING FOR THE FRAIL ELDERLY

— 12th Annual Meeting —

Missouri Association of Long-Term Care Physicians

AUGUST 22-23, 2003

Holiday Inn Select Executive Center — Columbia, MO

Please plan to attend!

FOR MORE INFORMATION,
call: 573-882-0366 or check: www.muhealth.org/~cme/fpu

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