OLLI SPECIAL HEALTH-RELATED PRESENTATION

Take personal control and make informed health-related decisions. This is a new product that OLLI members will be invited to test and report back on their findings. There is no obligation. You are invited to learn and ask questions.

**Tuesday, March 12th**

10:00am session or 1:00pm session

Please RSVP on line or by calling the OLLI office at 874-4197.

- Have you ever been told your blood pressure result and wondered if it was okay?
- Does your lab result printout look like it was written in another language? Do you know what the lab results mean?
- Do you have trouble understanding nutrition labels...how much sodium is too much sodium, and why does it matter?
- Do you know if your prescribed medications interact with your over-the-counter medications or vitamins/herbal supplements?
- Do you know if the foods/drinks that you’re consuming interact with your medications or health conditions?

Roberta Powell struggled with these questions during her treatment for breast cancer 14 years ago when she was faced with the difficulty of deciphering health information. Despite the fact she was an “educated” person, comprehending all the medical terminology, understanding the nuances of her treatment plan and grasping the significance of the lab values was overwhelming. Consequently, Roberta developed a personal interest in creating a self-evident tool to demystifying complicated health information and empower individuals to create health-agency.

Roberta returned to school and became a nurse educator (at 47 years old), to learn for herself how to bridge the knowledge-gap she had experienced. Based on her 10 years of experience as a nurse educator, she developed **Quantitative to Qualitative Health (Q2Q Health)**, a consumer-friendly mobile application that will convert complicated health data into meaningful information in order to make informed health-related decisions.

**Qualifications - Roberta Powell MPA, BSN, CDE**

Northeastern University ‘85, Economics, Concentration Mathematics, Truman Scholar

Harvard University ‘99 (Kennedy School) - Master’s in public administration (MPA)

Rhode Island College ‘09 - Bachelor of Science - Nursing (BSN)

Certified Diabetes Educator (CDE)