



We Care. For Everyone.

Partners for Life - with our Communities

**You and a guest are invited to the
28th Annual**

LIMA MEMORIAL EMS BANQUET



Sunday, May 18, 2025

Registration begins at 5:15 p.m.

Open Ceremony at 6:00 p.m.

Veterans Memorial Civic & Convention Center

7 Town Square, Lima

Keynote Speaker:

Amber Miskovich, Creator and Founder of The Wonder Within
"Leading Mindfully" - A Presentation on Wellness

Great Door Prizes and Gift Giveaways

RSVP by Wednesday, May 7, to Doug LaRue,
EMS Manager, at 419-226-5178 or
dlarue@limamemorial.org

 **Lima Memorial**
HEALTH SYSTEM

Affiliate of ProMedica



Keynote Speaker **AMBER MISKOVICH**

“Leading Mindfully”

Amber Miskovich is a dedicated advocate for mental, emotional, and physical well-being, with a deep passion for bringing hope and healing to those who often overlook their own needs. Growing up in a hardworking, blue-collar family, Amber learned the values of resilience, grit, and selflessness early on—qualities that shaped her mission to serve others.

With over two decades of experience, Amber’s journey includes 15 years as a medic in the military, 10 years as a firefighter and paramedic, and 22 years as a licensed massage therapist. These roles gave her firsthand insight into the challenges faced by those in high-stress, service-driven careers. Her work combines trauma-informed care, somatic healing, yoga, and mental health practices to help others navigate life’s toughest moments.

Amber is the founder of The Wonder Within, an organization committed to empowering individuals to embrace self-care and wellness from the inside out. Through her keynotes, workshops, and wellness programs, she inspires people from all walks of life to take ownership of their well-being, especially those who might be the least likely to prioritize it.

Her message is simple yet profound: no matter where you come from or what you’re facing, healing and growth are possible when you pause to reconnect with yourself and recognize your inner strength.

Amber’s unique blend of personal experience, professional expertise, and heartfelt compassion continues to uplift individuals, helping them rediscover the hope and resilience within.