



**Working with busy people to improve heart health, so they can work well, feel better,**

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# Introduction



*Eliz Greene*

*(Eliz is pronounced e-liz as in e-mail)*

## **Our speaker today asks:**

- How many balls do you have in the air?
- Do the demands of home and work keep you scrambling to keep up?

## **Yes, women have many balls to juggle. Your skill in juggling makes a difference in your health. How are your skills?**

- Do you sometimes feel you neglect important things because you are distracted by everything else you have to do?
- Do you forgo personal pleasures to get just one more thing done?
- Do you feel as if someone will soon find out you are just pretending to be this good?

## **Eliz Greene has balls!**

She has lots of them -- in the air -- all the time.

She juggles eleven-year-old twins, a wonderful husband, a girl scout troop of 20 fifth graders, deadlines as a freelance writer, and a career traveling the country working with busy women so they can work well, feel better and stress less. (and don't we all want that?)

She also knows what it is like when all of your balls come crashing to the floor. The following video demonstrates why Eliz is so passionate about her mission.

*(Video will play automatically)*