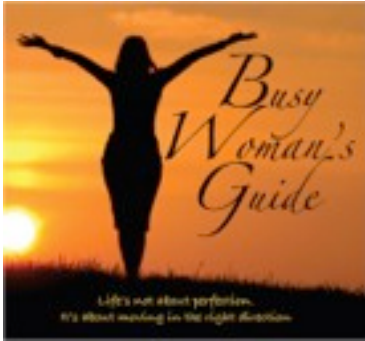




Working with busy people to improve heart health, so they can work well, feel better,

Introduction



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

Our speaker today -- like you -- has many jobs:

- She's a wife - married to her best friend for 20 years.
- She is the mother of 11-year-old twins.
- She is a Girl Scout leader for a troop of 23 active fifth graders.
- She is the author of four books.
- She writes one of the Top 50 Health and Wellness Blogs.
- She is a professional speaker and small business owner.
- She is also a heart attack survivor who has struggled to regain and maintain her health.

In short, Eliz Greene is a busy woman who has been there, done that -- and has the stretch marks to prove it!

Eliz is passionate about helping other busy people work well, feel better and stress less (and don't we all want that)!

Please enjoy this video which shows why Eliz is so dedicated to her cause.

(Video Plays)