



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

Curriculum Vitae



Eliz Greene

Surviving a heart attack at age 35, while pregnant with twins is just part of the story. Eliz uses the perspective and passion found during her ordeal and recovery to help other busy people lead healthier lives. Drawing on her background as an adaptive movement specialist, Eliz developed down-to-earth strategies that work. Doctors, nurses and healthcare professionals are often surprised by the insights into treatment and recovery developed through hundreds of interviews with female heart survivors.

Education:

University of Wisconsin-Madison
Bachelor of Arts: Communication Arts
1989

Affiliation:

National Speakers Association
National Speakers Association - Wisconsin

Occupation:

Heart Health Educator, Professional Speaker,
Blogger, and Author

Service:

National Speakers Association - Wisconsin:
Speaker U Dean
American Heart Association Wisconsin
Advocacy Committee: Chair
Fox Point Bayside School District Board
Member

Awards:

American Heart Association Heart Hero - 2010
National Speakers Association - Wisconsin
Chapter Member of the Year 2008
American Heart Association
Advocacy Leadership Award 2006
National Speakers Association - Wisconsin
Rising Star Award 2005

Media Appearances:

TNT, The Doctors, CNN, LifeTime, Today Show
and more than 100 television appearances
across the country.
Ladies Home Journal, Wisconsin Woman,
Exclusively Yours, Madison Magazine, Healthy
Woman, New York Times, Chicago Sun Times,
Washington Post, and hundreds of American
and international newspapers and magazines.

Writing:

Author of 4 books including the Busy Woman's
Guide to a Health Heart. Embrace Your Heart
Blog: Top 50 Health and Wellness Blog
Hundreds of published articles on heart health
and stress management.