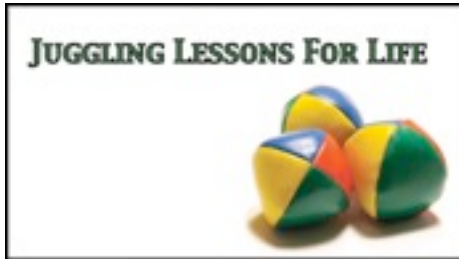




Working with busy people to improve heart health, so they can work well, feel better,

Introduction



Eliz Greene

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

Our speaker today asks:

- Does the phrase “doing more with less” seem like a theme?
- Do the demands of home and work keep you scrambling to keep up?

Yes, life constantly throws more at you. Your skill in managing all of it 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 like life has given you a bit more than you can comfortably handle?

Eliz Greene is here to share some juggling lessons for life. She knows something about it - she 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)