

Protecting Your Heart in Difficult Times

With the economic down turn, health care crisis, and unemployment on the rise, stress is all around us. And recent research suggests that *emotional stress* can take a toll on our cardiovascular health. Needless to say, we can all use a breather.

Responding to this need and cry for help, invasive cardiologist Dr. Kennedy brings us the perfect stress management tool at a perfect time, known as the BREATHE technique. Learn how the BREATHE technique can be used to help heart patients and their families achieve optimal heart health and experience a full and successful recovery after a recent cardiac event or procedure.

Kennedy shows using real life examples, how emotional stress can negatively impact our most important asset—our beating heart.

During this entertaining, humorous, and information packed hour, you'll learn a simple, effective, stress relieving exercise designed to protect your heart.

You'll be sure to walk away empowered and equipped with a simple and effective exercise that will help you better cope with stress and ultimately soothe, nurture and protect your heart.

Managing Stress in the Workplace Saves Dollars and Lives

- Wellness programs are cost effective
- Decrease absenteeism, increase productivity, improve bottom line

Healing the Heart of Corporate America - A Cardiologist's Prescription

- Stress in the workplace – the elephant in the room
- Rx - A self directed, cost effective, practical tool
- B- R- E- A- T- H- E

Protecting your Heart at Work to Enjoy the Fruits of your Labor

- Workplace stress and cardiovascular risk
- Worldwide supportive evidence linking work stress to heart disease
- How reducing stress pays dividends on future heart health

Creating a Healthy Business with a Healthy Workforce

- The benefits of wellness programs and prevention
- Investing in wellness (diet, exercise and stress management) creates short and long term benefits