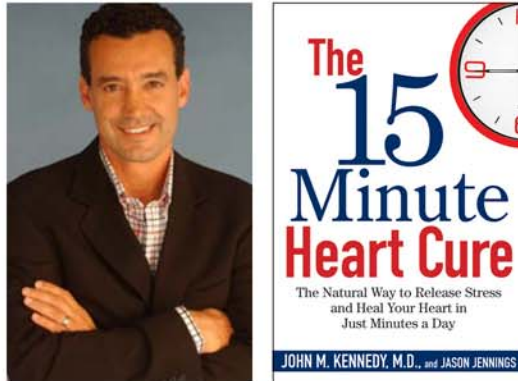


## Keynote Speaker John Martin Kennedy, MD, FACC



Dr. John M. Kennedy, co-author of ***The 15 Minute Heart Cure: A Natural Way to Release Stress & Heal Your Heart in Just Minutes a Day*** works as the Director of Preventive Cardiology and Wellness, Marina Del Rey Hospital, Marina Del Rey, California and is a staff cardiologist at a number of hospitals in Los Angeles. He is on the Board of Directors for the American Heart Association and speaks regularly on their behalf. His special interest, which is highlighted in his book, is **stress** and how it adversely affects our delicate cardiovascular system.

He lectures regularly on the subject and has helped companies educate employees on how to manage stress in the workplace. In addition, Dr. Kennedy emphasizes that heart disease remains the number one killer in America despite advances in technology. He emphasizes that heart disease affects many of us and starts early with initial signs seen in our children. Recognizing the growing prevalence of the disease which has been shown to start at a young age, Dr. Kennedy also lectures to children about the importance of diet, exercise and stress management in his lecture entitled, *Big Mind, Brave Heart, Bright Future*.

The technique he uses is simple and accessible to all and effective in helping children excel in academics as well as helping companies keep employees healthy.

### ***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.