

The DMS Bridging Program Presents:

# The 15 Minute Heart Cure



JOHN M. KENNEDY, M.D., DMS '90

Tuesday, April 13, 2010

Reception: 5:30 pm

Lecture: 6:00 pm

Question & Answer Session: 7:00 PM

Filene Auditorium

Moore Psychology Building

RSVP by Friday April 2, 2010 to

[Katie.E.Rader@Dartmouth.EDU](mailto:Katie.E.Rader@Dartmouth.EDU) or call (603)- 650-1472

The DMS Bridging Program Presents:

*The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day*

Dr. John Kennedy, DMS '90

Director of Preventive Cardiology and Wellness,  
Marina Del Rey Hospital, Marina Del Rey, California



With the economic down turn, health care crisis, and two wars underway, stress is all around us. And recent research suggests that emotional stress can take a toll on our cardiovascular health. Needless to say, we could all use a breather. Responding to this need, in his new book, *The 15 Minute Heart Cure*, Dr. Kennedy describes a unique relaxation exercise designed to help you focus, concentrate and protect your heart. His book also provides special exercises to help protect your heart from common stressful triggers. It is Dr. Kennedy's gift to everyone who wants to create a better life for themselves and their loved ones.

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