



Eliz Greene
Low Stress & Great Success
Curriculum Vitae

Surviving a heart attack at age 35 while seven months pregnant with twins propelled Eliz Greene on a mission to share her story to inspire other busy people to pay attention to their health.

Recognizing stress as an essential and often under-addressed risk factor, Eliz conducted a research study on job stress. Eliz is an author and writes a Top Health and Wellness Blog. She was named as a Top Online Influencer on Stress and Heart Health.

Education:

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

Occupation:

Heart Health Educator, Professional Speaker,
Blogger, and Author

Service:

National Speakers Association - Wisconsin:
Academy for Professional Speaking - Dean
Fox Point Bayside School District Board
Member 2010 - 2013

Affiliation:

National Speakers Association
National Speakers Association - Wisconsin

Awards:

National Speakers Association - Wisconsin
Chapter Member of the Year 2013
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:

National Spokesperson: Take Cholesterol To
Heart Campaign 2017-present
National Spokesperson: American Heart
Association 2000 - present
Spokesperson: Smoke-free Wisconsin
2006-2007
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.