



Introduction of Eliz Greene

(Eliz is pronounced E-Liz... like E-mail)

Our speaker today asks:

Do you worry about the toll your stress is taking on your health, quality of life... and maybe even your sanity?

Eliz Greene has a thing or two to say about stress.

She is a professional speaker, a small business owner, and a mother of 18-year-old twins.

She is also conducting a research study on job stress and is on a mission to help busy people feel better, protect their health, and get more of the important stuff done...

... and don't we all want that.

Please welcome **Eliz Greene**