

Ticker Talker

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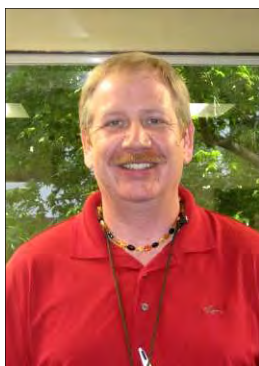
FOR THE HEART PATIENT AND THEIR FAMILIES

Stress In Stress Out, Effects & Solutions



Cindy Smith holds a Master's Degree in Exercise Physiology.

She has worked as a staff member in the Cardiac and Pulmonary Rehab Department for almost 4 years. She previously worked at Elmhurst Memorial Hospital in Elmhurst, IL in the same capacity for 20 years before moving to California. Cindy will be presenting the first part of the stress talk by explaining the basics of stress and how we react to it. The majority of her talk will focus on how stress specifically affects your heart and how it plays a role in heart disease.



Eric Jaeger BSN, RN, PHN

For the first 15 years of my nursing career I worked in emergency medicine, working in multiple emergency rooms throughout OC and Southern California. I have worked in the cardiac cath lab since 2006 and in Jan I transferred to the cardiac rehab. I have been fascinated with the mind-body connection since I was very young and continue to study such topics as hypnosis, neuro-linguistic programming, massage, meditation, and neuro-feedback. We all know and see in our daily lives that the mind through "negative thinking" or being in the "stress response" can damage our bodies. If that is true, what can we do on a daily basis to use this same power to heal our bodies? I want to use an experiential example of what we can do to ease our stress and heal our bodies.

Don't forget the program starts at 7:00 pm, Wednesday Sept. 18 at the Conference Center.

Come early for a seat as the program is always very popular and the public is invited.

Refreshments start at 6:30 pm.

Location:

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA



"It's great to be alive - and to help others!"