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Join Howard Martin and Cheryl Richardson for a *Free Webinar Presentation* *“The Science of Self Care – You Owe it to Yourself”*

June 9, 2010 – Boulder Creek, California - **This is one calendar event that could change your life.** Don't miss this very special one hour presentation sponsored by HeartMath®. Join Howard Martin, author of *The HeartMath Solution* and Executive Vice President and founding member of the HeartMath organization, and Cheryl Richardson, author of numerous New York Times best-selling books including, *Life Makeovers* and her latest *The Art of Extreme Self Care*, for a powerful and insightful [webinar presentation](#) about the importance of self care. This presentation is sure to give you a potent “Ah-Ha” moment. We know that care is an expression of love that nourishes the heart and soul. Yet for many, when it comes to making self care a priority we think it's selfish and self centered. Not so according to Howard Martin and Cheryl Richardson. You owe it to yourself to understand **why you need care** as much as those around you and why caring for yourself is actually good for our planet. Mark your calendar for this free webinar on Wednesday, June 16th from 5:00 – 6:00 pm PDT.

It's a Fact - Care is Good for You



Imagine if you had no care in your life? Care is one of the most important core feelings of the heart. Without it life loses its luster. Care is also one of the best things we can do for our health. Howard Martin will share about HeartMath research that demonstrates the powerful health benefits of care. Care can actually help increase our IgA levels – an important measure of immune system health. Howard says that to truly understand care we also need to understand how our care can sometimes cross a line and turn into *overcare*. Overcare starts as care but comes draining to us and often for the person we're worried about. Overcare often siphons off the potency of our intended care and actually reduces its effectiveness. It can also deplete our vitality, our inner balance and our heart discernment. Howard will help you understand overcare and the energy deficits it can accumulate versus the genuine care which has energizing qualities that feel great and are good for our health and well-being.

Get Bigger and Bolder with Your Self Care

Self care is more than getting a monthly massage or treating yourself to lunch at your favorite bistro. While these gestures are steps in the right direction, real self care is much bigger and much bolder. Self care is essential in the process of actualizing our authentic self. Cheryl Richardson, known internationally for her groundbreaking books and as the team leader for the Lifestyle Makeover Series on the *Oprah Winfrey Show*, believes that self care is good for our planet. Cheryl will help explain how as we care deeply for ourselves, we naturally begin to care for others – our families, our friends, our greater global community, and the environment – in a healthier and more effective way.



What You'll Learn

- the link between health and life experiences
- why the heart is central in all acts of care
- the disguises of overcare
- why sometimes being selfish is an act of care
- why self care is the precursor to real selflessness

Details:

When: Wednesday, June 16th 5:00-6:00 pm PDT

How To Register: Go to this link & reserve your spot:

<https://www2.gotomeeting.com/register/605250290>

Cost: It is **Free** – there are no fees for registration or participation in this event

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About Howard Martin:

Howard Martin is the Executive Vice President, Strategic Development for HeartMath LLC. He has worked closely with Doc Childre, the founder of HeartMath, in the development and teaching of HeartMath's programs since 1991. Howard is one of the key spokespeople for the HeartMath System. As an internationally sought-after speaker, his dynamic presentations help educate people around the world about the HeartMath approach to advancing human performance. Howard is the co-author of [The HeartMath Solution](#), and developed Nightingale-Conant's tape series, "The HeartMath Method."

About HeartMath:

HeartMath LLC (www.heartmath.com) is a cutting-edge performance company providing a range of unique services and programs, products, and technology to improve health and well-being, while dramatically reducing stress and boosting performance and productivity. Research studies have demonstrated significant improvements in clinical outcomes such as hypertension, cognitive performance and metabolic syndrome, and organizational measures such as staff retention, health care cost reduction, and employee and customer satisfaction. Studies on the effectiveness of HeartMath programs have been published in numerous peer-reviewed journals such as American Journal of Cardiology, Stress Medicine, Journal of Preventive Cardiology and Harvard Business Review. Clients include Stanford Business School, Stanford School of Medicine, Blue Cross Blue Shield, Kaiser Permanente, Duke Medical Center, NASA, dozens of Veterans Affairs Medical Centers, and the World Bank, as well as dozens of school systems and thousands of health professionals around the world.

About Cheryl Richardson:

Cheryl Richardson (<http://www.cherylrichardson.com>) is the author of The New York Times bestselling books, Take Time for Your Life, Life Makeovers, Stand Up for Your Life, The Unmistakable Touch of Grace and her new book [The Art of Extreme Self Care](#). She was the first president of the International Coach Federation and holds one of their first Master Certified Coach credentials. Cheryl is also the recipient of the 2000 Motivational Book Award for Life Makeovers from Books for a Better Life, which honors the year's most outstanding books and magazines in the self-improvement genre. Cheryl has been a regular guest on Good Morning America. She was the team leader for the Lifestyle Makeover Series on the Oprah Winfrey Show and she accompanied Ms. Winfrey on the "Live Your Best Life" nationwide tour.