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Hospitals that are employing science-based programs to reduce stress and increase staff performance share results at the HeartMath® Best Practices Conference

BOULDER CREEK, CA, May 13, 2011— If your hospital is driven to stay ahead then you may want to follow the data coming out of the [HeartMath® Best Practices Conference](#). Todd C. Linden president and chief executive officer of Grinnell Regional Medical Center, Grinnell, Iowa, will be posting a daily blog with highlights from the 19 panels and presentations during this three-day conference which starts May 17th.

“I’m delighted to share my thoughts on a progressive approach to stress management that many hospitals are now providing to their employees,” Todd said. “The conference presentations include hospitals that have employed HeartMath’s research-based approach, which depicts the stress and performance relationship through science. The program helps to explain the debilitating effects of mental, emotional and physical stress, and provides proven techniques and methodologies for enhancing employee performance while reducing healthcare costs.”

The goals of the HeartMath Best Practices Conference are to create a sharing, learning and networking event to deepen the understanding of lessons learned in implementing HeartMath programs in hospital settings.

Todd’s blog will be available on three websites including his own (<http://toddlinden.blogspot.com>), the HeartMath website (www.heartmath.com) and The Health Care Blog (www.thehealthcareblog.com).

The HeartMath Best Practices conference will be held May 17th through 20th, at the Seascapes Resort, in Aptos, California. Limited space is still available for those who would like to attend in person.

Conference presentations will include:

- Integrating HeartMath into a Hospital Culture
- HeartMath Training Produces Positive Effects on Organizational Unit-Level Outcomes
- Transforming Perioperative Caregivers” Study of HeartMath-Based Stress Management
- HeartMath Coherence Correlates with Meditative Movement Practices and State and Predicts Improved Outcomes in Breast Cancer Survivors
- Changing Culture and Fostering Well-Being of Staff
- Cultivating and Nurturing a Successful Organizational Stress Management Program with Practical Applications
- The Kaiser Vision, Caring Theory and HeartMath
- Transforming the Culture of Telemetry
- The HeartMath/Jean Watson Connection
- Magnet and HeartMath, Watson’s Caring Theory: What a Journey
- HeartMath Introduction through Health and Wellness Approach – Interface of HeartMath into Relationship-Based Care as Core of Self-Care, Patient Care Applications and Pain Management.
- Enhancing Memorial’s Strategic Initiatives by Integrating HeartMath and Anchoring it into a

- Comprehensive Leadership Development Plan
- How to Make HeartMath More Important to all CEOs and Keep Top Level Involved and Committed
- HeartMath Anchors Employee Wellness Initiative

For media inquiries contact Rob Dougherty at (305) 495-3311 or email him at rob@robdoughertycommunications.com.

For information about the conference or to register, please contact Joni Panelli at 831-338-8709 or joni@heartmath.com.

About HeartMath LLC:

HeartMath is an innovative performance company providing a range of unique scientifically validated services, products and technology to improve health and well-being, while dramatically reducing stress and boosting productivity. Their emWave technology has won numerous awards including the 2009 Last Gadget Standing People's Choice Award at the International Consumer Electronics Show. HeartMath was a finalist for the 2009 ABBY Award: Innovative Approach to the Delivery of Healthcare. HeartMath research studies have demonstrated the critical link between emotions, heart function and cognitive performance. HeartMath's studies on the clinical outcomes of the HeartMath approach have been published in numerous peer-reviewed journals such as American Journal of Cardiology, Stress Medicine, Preventive Cardiology, Journal of the American College of Cardiology, and Integrative Physiological and Behavioral Science. Learn more at www.heartmath.com.

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