

FOR IMMEDIATE RELEASE

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(Re-) Turning to the Heart

GLENDALÉ, Ariz. – Dr. Douglas Brenner of the Glendale Community College Communication Department will present “(Re-) Turning to the Heart: Steps Toward Managing Stress and Emotions Effectively” in the upcoming “Visiting Professor” at 7 p.m. on Wednesday, September 27 in the auditorium of Glendale Main Library, 5959 W. Brown St.

Cutting-edge research reveals how thought and emotion affect the heart and body – influencing how we think, communicate, maintain our health, and manage our relationships. Using the HeartMath Institute’s FreezeFramer® program on audience volunteers, this multimedia presentation examines how a focus on positive feelings leads to dramatic changes in heart rhythms, a release of stress and anger, a decrease in blood pressure and stress hormones, and an increase in anti-aging hormones and immune system activity. Come and learn how to apply the Freeze Framer techniques and appreciate the heart’s role in helping us find balance in the midst of modern life.

A previous version of this program was presented on April 27, 2005, at the Glendale Main Library as part of the Visiting Professor series. Dr. Brenner was an Associate Professor of Speech Communication at the University of South Dakota (1989-2001) and has also taught at Millikin University (Decatur, IL), Bellevue College/University, Bellevue, NE; Kirkwood Community College, Cedar Rapids, IA, Mesa Community College, Mesa AZ, Arizona State University, Tempe, AZ, the University of Nebraska-Lincoln, and Doane College, Doane, NE. He is a Reiki Master, and has taken courses in Cranio-Sacral Therapy, Jin Shin Jytsu, Pranic Healing, Holographic Re-Patterning, and other healing modalities. In June 2005 he traveled with three others to meet with African traditional healers in South Africa, Zimbabwe, and Swaziland.

The program is free. For more information, please call 623-930-3550.

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