

For Immediate Release:  
Talk and Book Signing by  
Work-Life Balance Expert

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### **The Secrets to Work-Life Balance**

*Boca Raton, Florida* – A report issued by the National Institute for Occupational Safety and Health states “Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations.” In a study released November 30, 2004 by the University of California at San Francisco, researchers definitively proved the correlation between chronic stress and the acceleration of aging. Job stress is costing our companies billions of dollars annually in health care costs, lost work time and decreased productivity. The solution? Work-life balance.

Dr. Kathleen Hall, an expert on work-life balance, will be a keynote speaker at the December 9, 2004 Empowering Women’s Health Day sponsored by the Jewish Women’s Foundation. Also speaking at the event is Dr. Arthur Agatston, author of *The South Beach Diet*.

Work-life balance is finding both achievement and enjoyment in all aspects of life: work, family, friends and community, and self. Through her extensive work in both the medical and spiritual models, Dr. Hall has identified that work-life balance is achieved by the choices we make through our everyday activities and responsibilities.

Author, columnist, speaker and stress-management expert, Dr. Kathleen Hall is the founder and CEO of Atlanta-based Alter Your Life, a company dedicated to guiding individuals and corporations toward greater work-life balance. Her 2003 book, *Alter Your Life*, offers simple solutions for reducing stress and creating balance in our busy lives. As a member of the American Association of Cardiovascular and Pulmonary Rehabilitation, she has spent the past decade directing a cardiac rehabilitation program focusing on stress management. Dr. Hall has been a guest on CNN radio’s *HealthWatch* and writes a regular column for *Balance* magazine. She has been quoted in numerous publications including the *Wall Street Journal*, the *Atlanta Journal and Constitution* and *Atlanta Woman* magazine. She can be found online at [www.drkathleenhall.com](http://www.drkathleenhall.com) or [www.alteryourlife.com](http://www.alteryourlife.com).

Empowering Women’s Health Day will be held Thursday, December 9, 2004 at the Boca Raton Marriott, 5150 Town Center Circle from 10:30 AM -1:00 PM. This event is sponsored by the Jewish Women’s Foundation of the Jewish Community Foundation, in partnership with Tenet Healthcare Foundation. To register for the event call the Jewish Community Foundation at 561-852-5014.