



INSTITUTE OF HEARTMATH®

Connecting Hearts and Minds

Media contacts:

Jim Camut

412-586-5340 or jcamut@heartmath.org

Gabriella "Gaby" Boehmer

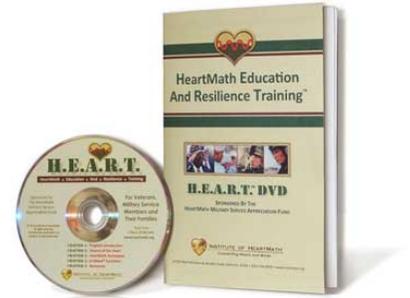
(831) 338-8710 or gboehmer@heartmath.org

Institute of HeartMath® to Donate Thousands of DVD's for Military Peace of Mind

BOULDER CREEK, CALIF. – Nov. 27, 2012 – The Institute of HeartMath expects to hand out thousands of free training DVDs on Dec. 2 at the 20th Annual Veterans Holiday Celebration event in Los Angeles to help former service members foster emotional resilience and peace of mind.

The institute (IHM, heartmath.org), a research and education organization studying the mental and physical effects of stress and emotions for more than 20 years, was selected to be one of 18 organizations at [the event](#). Besides their H.E.A.R.T. (HeartMath Education and Resilience Training) DVD, IHM will also be providing information for veterans and professionals working with veterans on how they can receive a scholarship for HeartMath's [emWave®](#) emotion-restructuring technology and other programs.

"We're privileged to be able to provide our DVD and resources to the 4,000 veterans expected to be at this event. The H.E.A.R.T. DVD is an in-depth training tool based on our more than 20 years of research into stress and stress related challenges. The DVD will provide veterans with techniques that have shown to be extremely effective in dealing with the unique challenges they face," said IHM Executive Director Katherine Floriano, who will be in attendance at IHM's booth during the Veterans Holiday Celebration.



The H.E.A.R.T. DVD instructs veterans and service members on effective ways to cope with many challenging mental, emotional and physical situations they endure. It contains four emotion management tools and techniques, research and stories that provide an educational background.

The military resources IHM makes available for free are made possible through its [Military Service Appreciation Fund](#) (MSAF), which for more than five years has provided programs and services to active service members, veterans and military families. The MSAF has already supported more than 20,000 veterans and active duty service members. The fund is maintained through contributions from the institute's members and supporters.

IHM is also working hard to help shorten the reintegration process for troops so they can transition back into their local communities and society quicker and with greater success. HeartMath programs and services are being applied in a variety of contexts, including for PTSD and pain management, family communication and other reintegration challenges.

Learn more about the Institute of HeartMath's latest resources by joining its social networking pages on [Facebook](#) and [Twitter](#) and its [YouTube](#) channel.

###

About the Institute of HeartMath:

The Institute of HeartMath, www.heartmath.org, is a 501(c)(3) nonprofit research and education organization. IHM has been conducting scientific research on stress, the physiology of emotions and the science of the heart for two decades. IHM, a world leader in stress reduction and emotion-management research, was founded in 1991 by Doc Childre.

Through its research and education divisions, the Institute has developed practical tools, education programs and services – collectively known as the HeartMath System – for the mental, emotional and physical benefit of children through seniors without regard to their social, economic or cultural status.