

# Learn How to Live Longer & Better

## Join us for a Free Breath Brake Seminar

Empowered, focused breathing and martial arts relaxation techniques taught by CNN Hero Rabbi G. using the lessons of the powerful young warriors of Kids Kicking Cancer



### Saturday Night, February 3, 2018 • 7:45pm

JCC - 1125 College Ave, Columbus, OH 43209

Presented by



Chronic stress is the number one danger to our lives and health. In companies, stress breaks down communication and challenges productivity. Many people teach simple breathing techniques that will stop the negative ravages of stress. The greatest challenge is real life integration. Kids Kicking Cancer provides our trademarked "Breath Brake®" while motivating and providing incentive for management and staff to fully integrate these techniques in a meaningful way.

Kids Kicking Cancer, an award-winning international program, teaches children facing the pain and fear of disease how to employ martial arts therapies that positively impact their lives. These same techniques are extraordinarily effective for adults facing challenging stress. 97% of the participants from Blue

Cross Blue Shield, Ford, Sanofi Aventis, Wal-Mart, Young & Rubicam, Pfizer, CVS etc. who learned our "Breath Brake®" describe the seminar as having had a "profound impact" on their lives.

Kids Kicking Cancer was created in 1999 by Rabbi Elimelech Goldberg, a black belt father, author, and clinical assistant professor of pediatrics. Kids Kicking Cancer have been featured in People Magazine, Good Morning America, The Early Show, CNN Heroes, The Today Show and by media all over the world.



Kids Kicking Cancer

[www.kidskickingcancer.org](http://www.kidskickingcancer.org)

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