



INTRODUCTION

Our speaker today was only 24 when he found himself lying in a hospital bed clinging to life, praying for a life-saving heart and double-lung transplant. Three short years later, he was crossing the finish line of his first of four marathons.

He has spoken to more than 100,000 people in more than 400 presentations. His book titled, “Live Life from the Heart” (that he will be signing after today’s program) has helped thousands more.

He doesn’t just run marathons. He also runs errands for his wife. He sometimes runs late. He occasionally runs wild. And mostly he runs after his kids. When he is not speaking, Mark cherishes time with his wife, and three children, Emma, Matteo and Caleb.

Here today to help us build resilience so we can Thrive in Challenging Times please join me in welcoming from Dieppe, New Brunswick.

Speaker, Author... and Coffee Addict.... **Mark Black!**