



SPEAKING OF SENIORS
Presented by the Senior Focus Committee

Name of Presenter: Kevin Blair

Position at Organization: Director

Company Name: Bethesda Peace Palace

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Language Spoken Fluently: English

Presentation Category: Health and Wellness

Topic	Key Points	Experience/Expertise with This Topic	# of Times Spoken on this Topic
I. Transcendental Meditation	<ul style="list-style-type: none">▪ Health benefits▪ Positive effects on life from meditation	Expert, teacher	thousands

Preference for Speaking Engagements

Days of Week Preferred to Speak: Sunday-Saturday

Times: Morning, Noon, Afternoon, Evening

Availability to Speak: many

Category of Seminar: lecture, seminar

Distance Willing to Travel: 60 miles or less

Preference for Group Size: at least 10

Any other information: I am an expert on Transcendental meditation. It is a very specific form of meditation that has been taught all over the world for more than 50 years. There are more than 600 scientific studies on the program documenting its benefits on health.