



BIO-LONG

(233 words)

Motivational Humorist and Author, Kay Frances MBA, has shared her message to “lighten up, stress less and take care of ourselves” in 40 states and Canada for over 30 years. She holds a Master's Degree in Business Administration, a degree in Health and Physical Education and a 4th degree black belt in karate. She was also a family caregiver for 7 years.

Kay is the author of “The Funny Thing about Stress; A Seriously Humorous Guide to a Happier Life.”

When it comes to humor, Kay is the "real deal" having performed as a professional standup comedian for many years and appearing on a number of national television and radio programs including Lifetime Cable's “Girls Night Out” and NBC's “America's Funniest People”. She also lived and performed in New York City where she appeared at the nation's top comedy clubs such as “The Improvisation” and “Catch a Rising Star.”

Kay Frances combines her years of standup comedy, her education and her passion for her message to offer a unique skill set not often found in one speaker. When it comes to managing stress, Kay learned the hard way by engaging in every unhealthy habit known to man. It was a long, winding, *hilarious* road back to sanity and good health and Kay generously shares what she learned along the way. It's clean, relatable humor-with-a-message at its funniest! Your stress level will thank you!

BIO-Medium

(146 words)

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BIO-Short

(109 words)

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